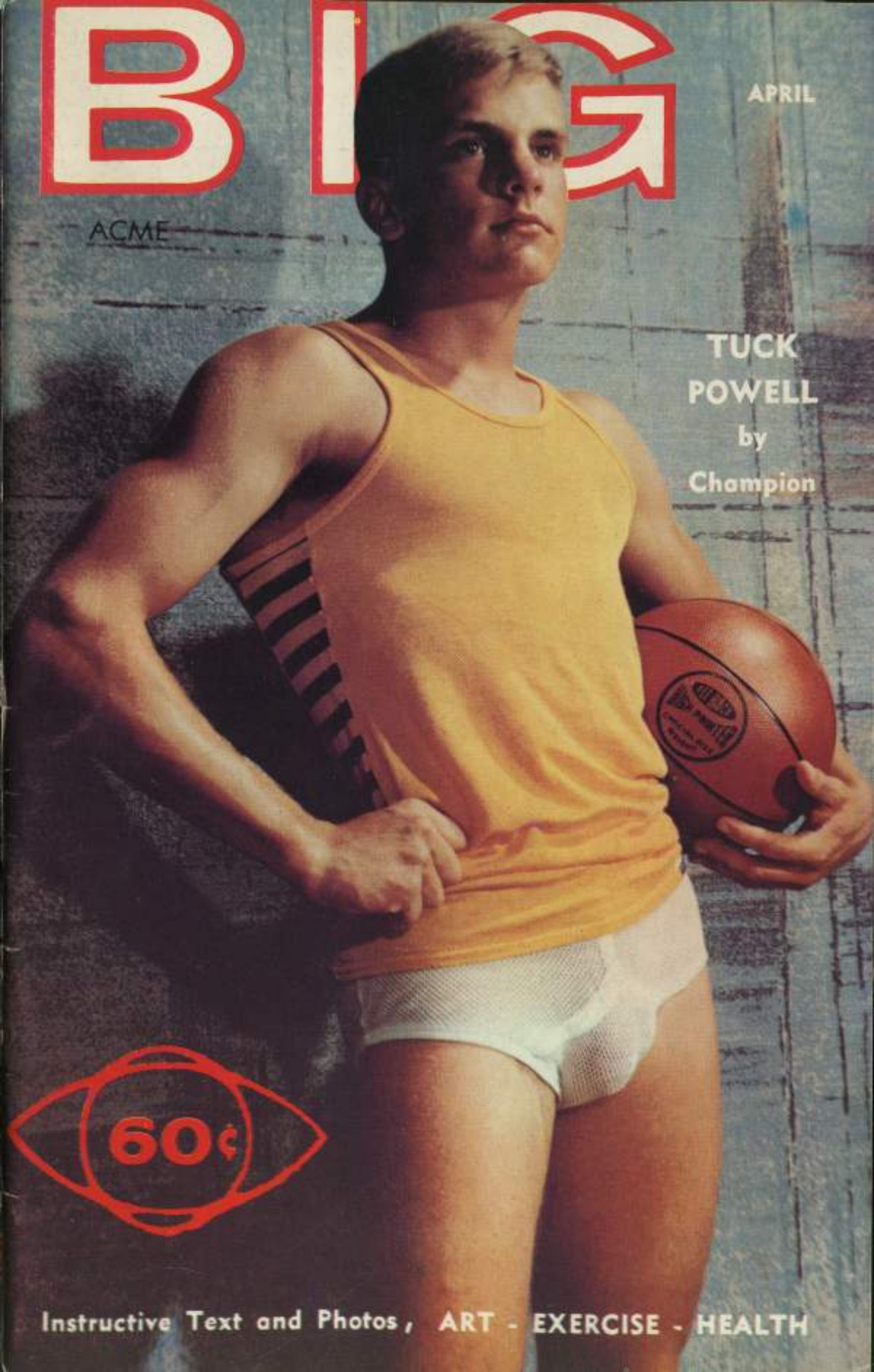
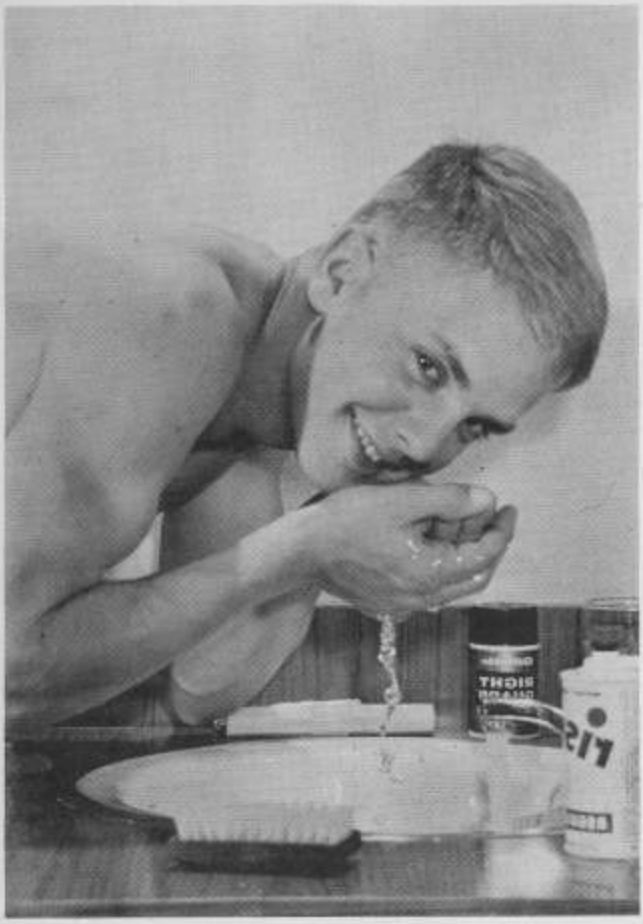
BIG

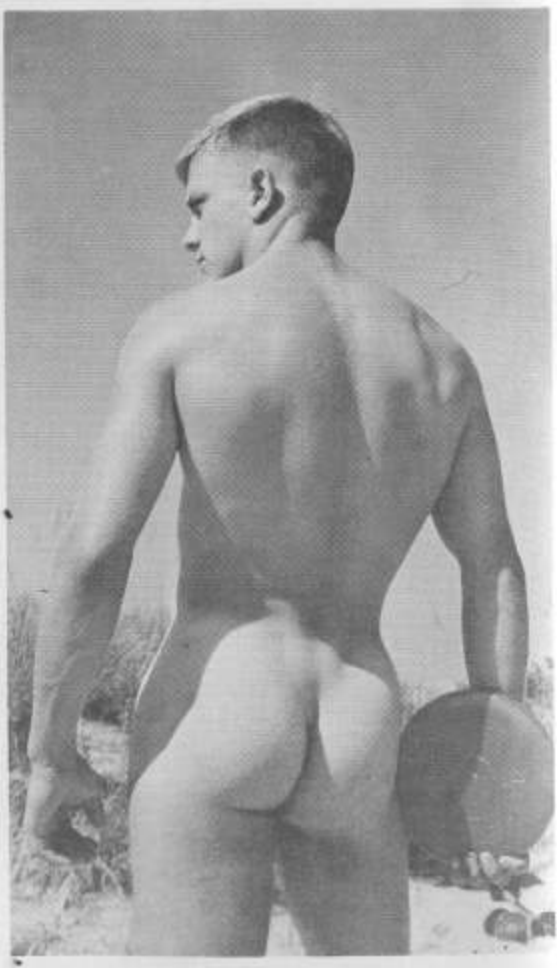
APRIL



Instructive Text and Photos, ART - EXERCISE - HEALTH



Clean-cut, clear-eyed TUCK POWELL is Wisconsin's gift to the U. S. Marine Corps in Champion's finest catalog yet! Now 19 and fresh from Parris Island boot camp, this 5' 10", 140-lb. athlete is true to his motto: he's "always faithful" to the superior standards and high ideals that make a man and mark a marine. An accomplished gymnast, Tuck is a champion on the parallel bars, the flying rings and the vaulting horse. Turn to pages 4 and 5 to see this lithe and muscled model going through a dazzling display of stunts and exercises.



VOL 5, No. 9 APRIL 1967

Eye of the ARTIST

Eye of the BEHOLDER

Eye of the CAMERA

THE BIG VIEW

BIG's point of view should serve to inspire the development toward perfection of mind, body and health.

BIG is published bi-monthly (every other month) by WALJIM ENTERPRISES, INC., Box 3255, Grand Central Station, New York 17, N.Y. Subscription rates are $5.00 for 12 issues sent to you by sealed first class mail in plain wrapper. Foreign readers (except Canada and Mexico) please add $2.00 to the above rates. All photos, manuscripts and art submitted to BIG become the property of BIG and submission of material will be construed as permission to publish same without any further correspondence.

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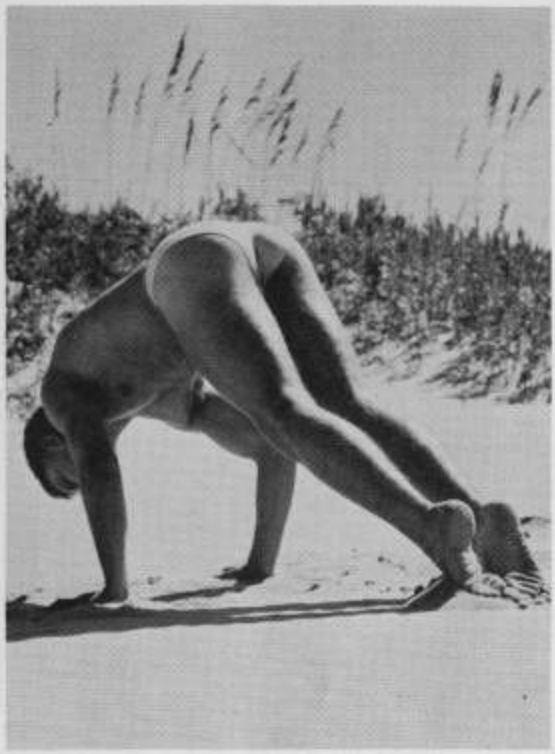
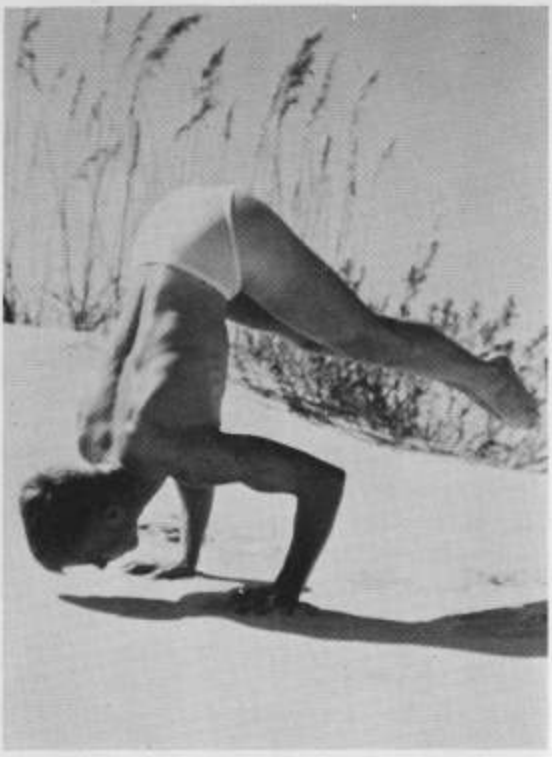
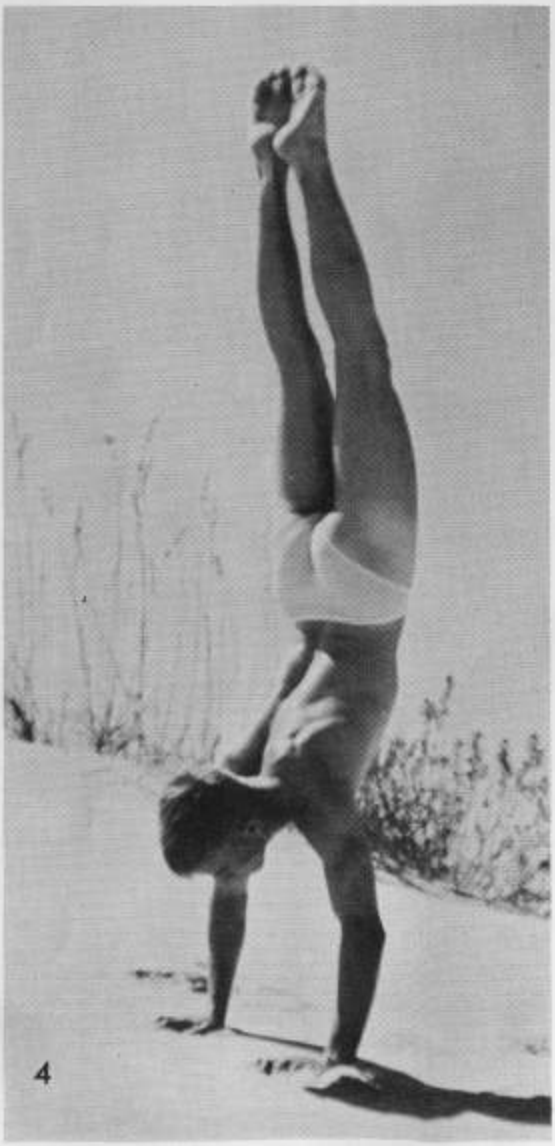
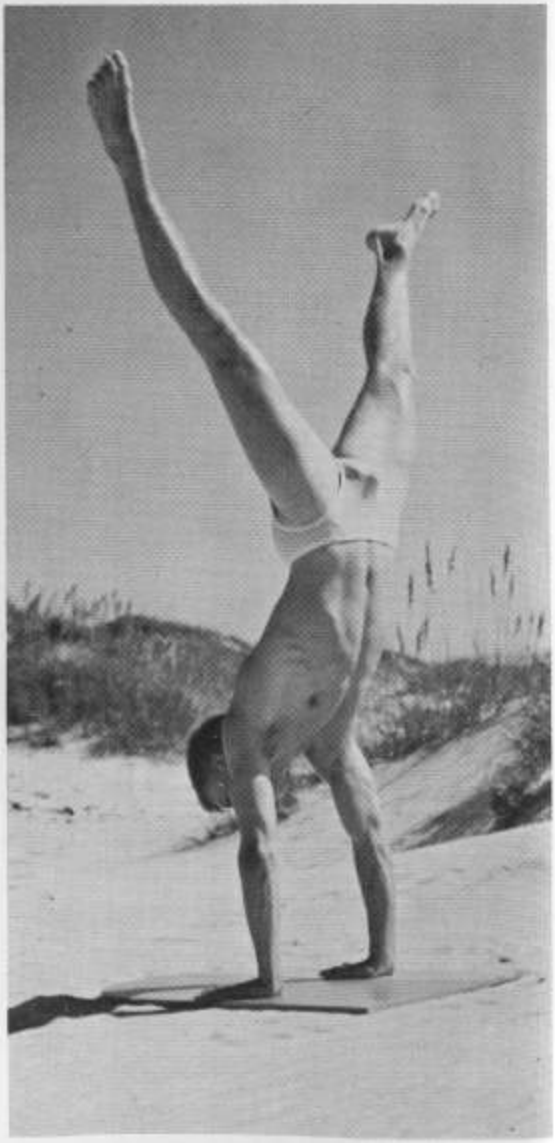
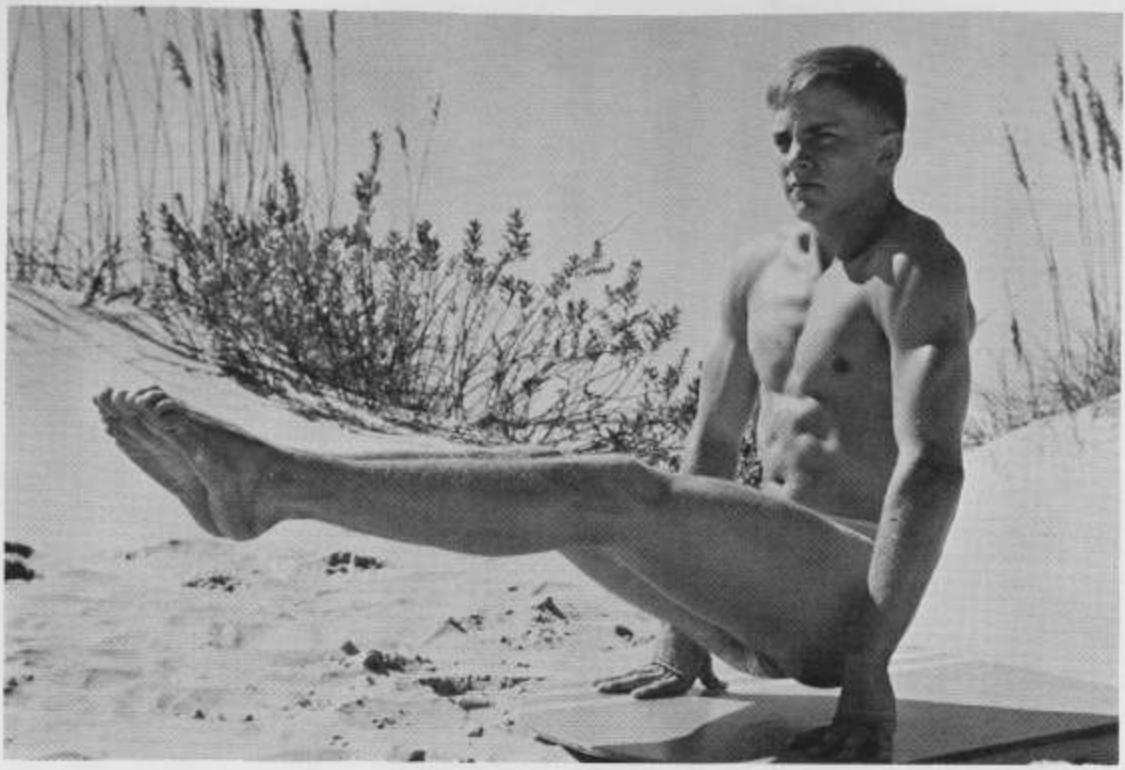
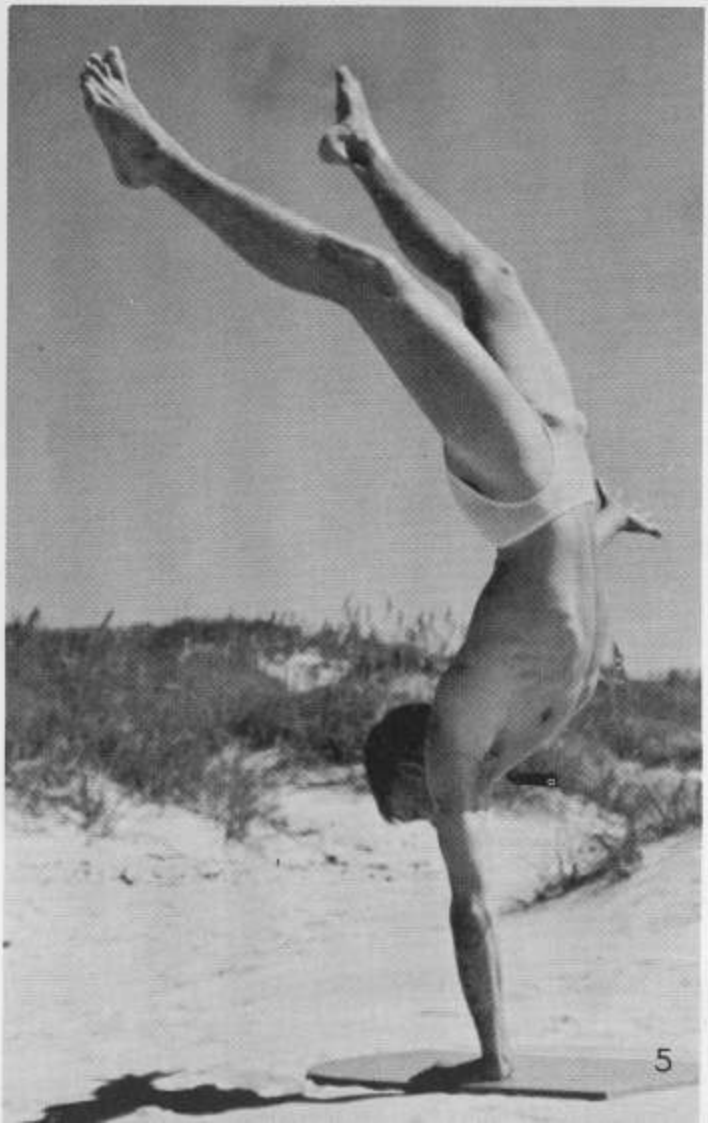




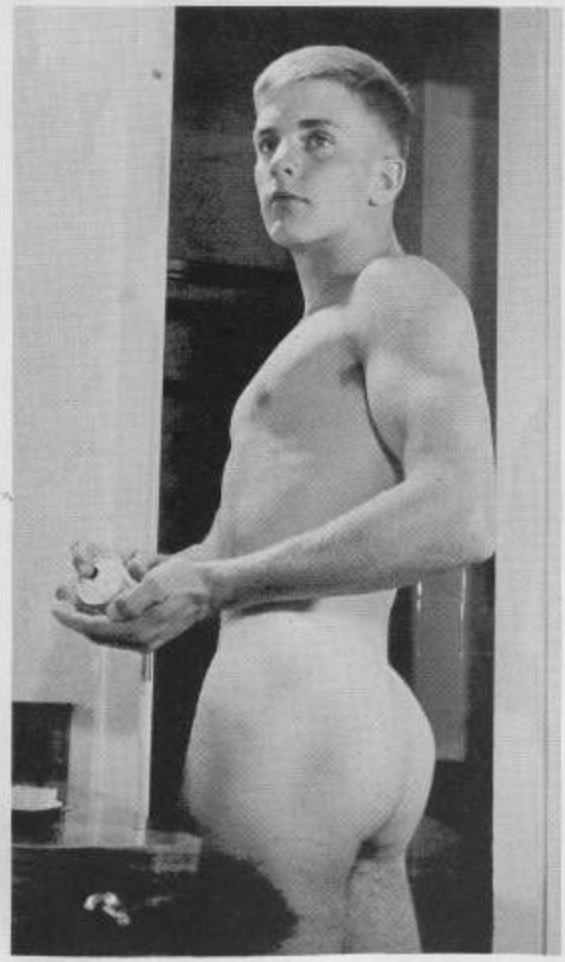


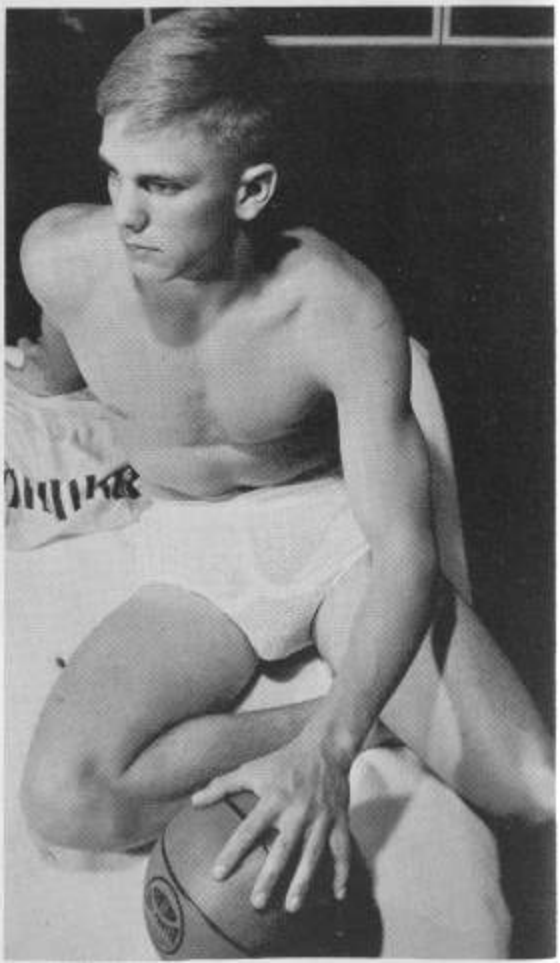




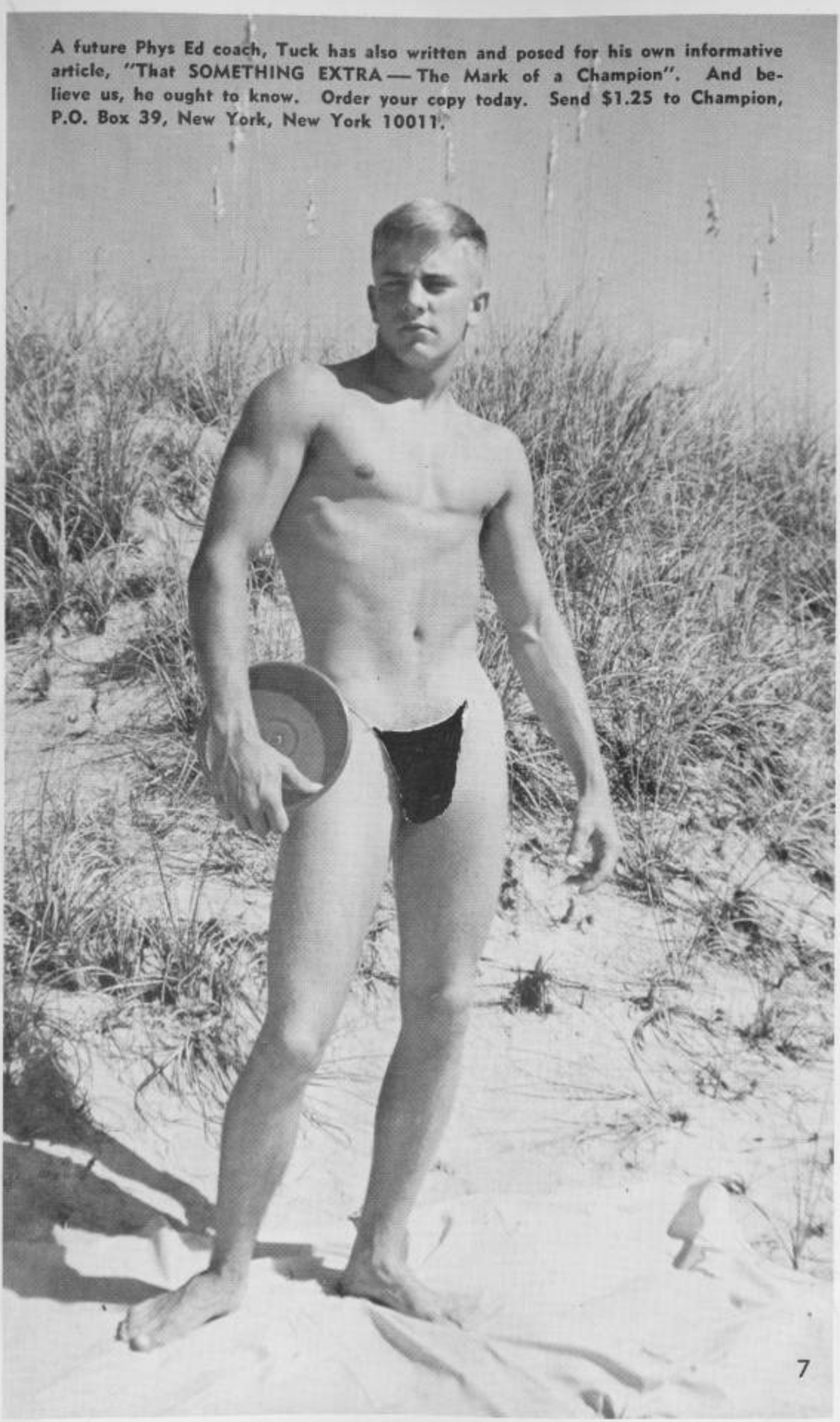


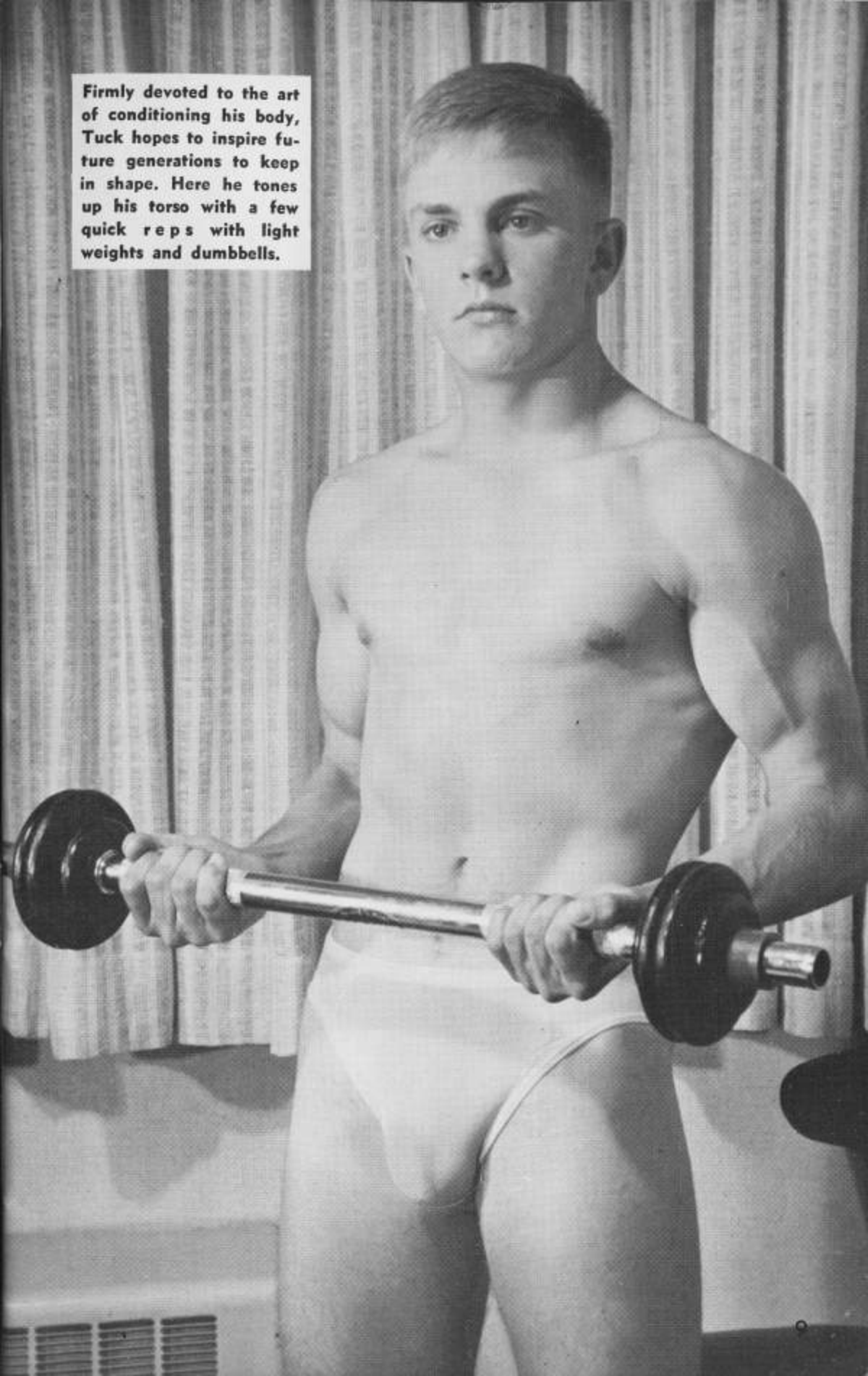
Champion has caught this sequence in an 8 mm color film packed with 100 feet of action. Send $15. today and see Tuck put that perfectly proportiond body through its paces.





A future Phys Ed coach, Tuck has also written and posed for his own informative article, "That SOMETHING EXTRA — The Mark of a Champion". And believe us, he ought to know. Order your copy today. Send $1.25 to Champion, P.O. Box 39, New York, New York 10011.

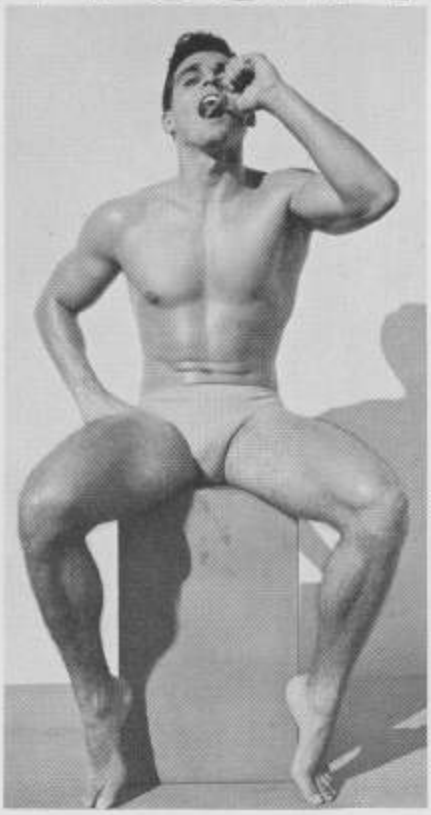




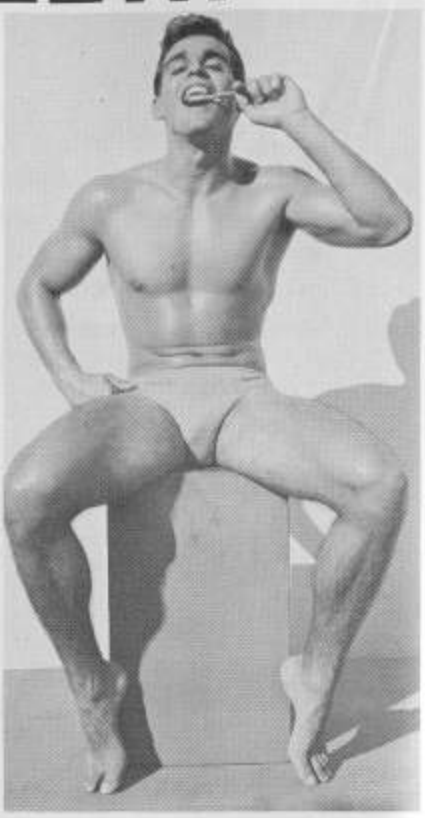
Firmly devoted to the art of conditioning his body, Tuck hopes to inspire future generations to keep in shape. Here he tones up his torso with a few quick reps with light weights and dumbbells.

SAVE YOUR TEETH

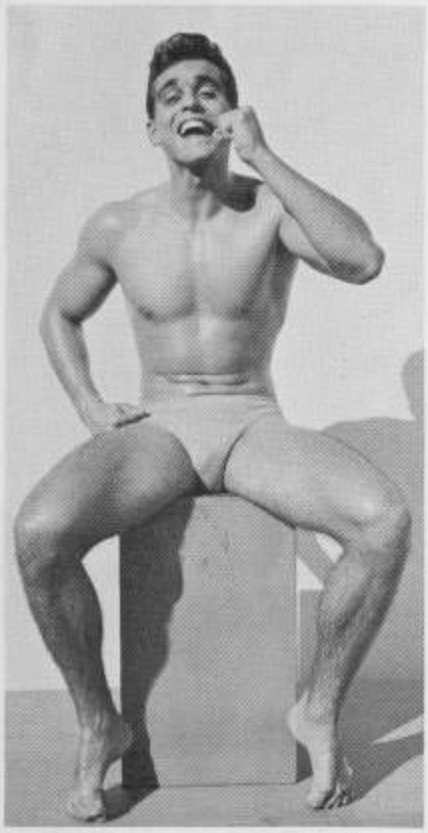
Clean the outside surfaces of of the upper teeth by firmly rolling the bristles of the brush down over the gums and teeth toward the grinding surfaces. Repeat this and all following movements 5 times.



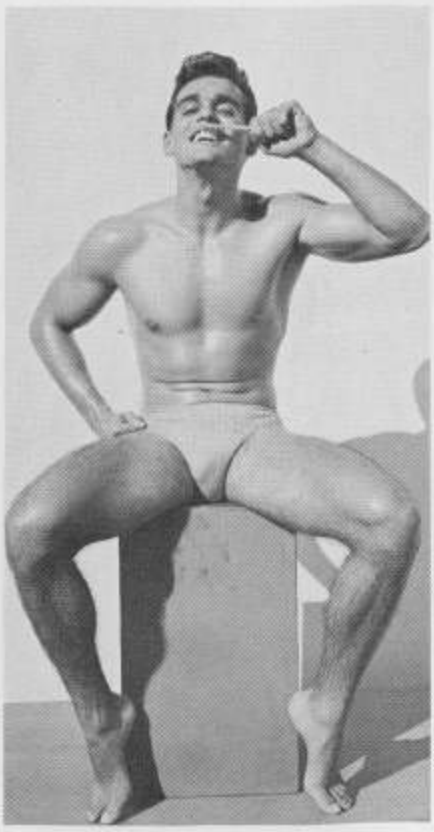
Clean the inside surfaces of the upper (and lower) back teeth, using the same brushing technique.



Clean the inside surfaces of the upper front teeth by drawing the bristles downward and forward over the gums and teeth toward the biting edges.



Clean the outside surfaces of the lower back teeth by firmly rolling the bristles of the brush over the gums and toward the grinding surfaces.



Clean the outside surfaces of the upper (and lower) front teeth over the gums and to the biting edges.

Clean the inside surfaces of the lower front teeth in the same manner.

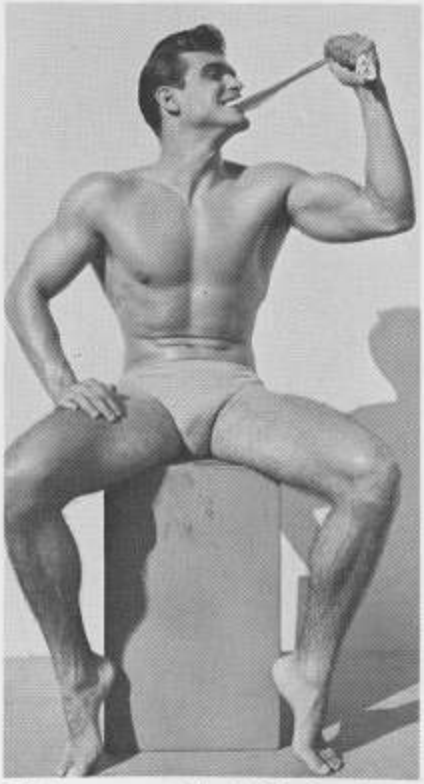
by: RICHARD FALCON

Clean the grinding surfaces of the teeth by forcing the bristles of the brush well into the grooves vibrating the brush forward, backward and sideways.

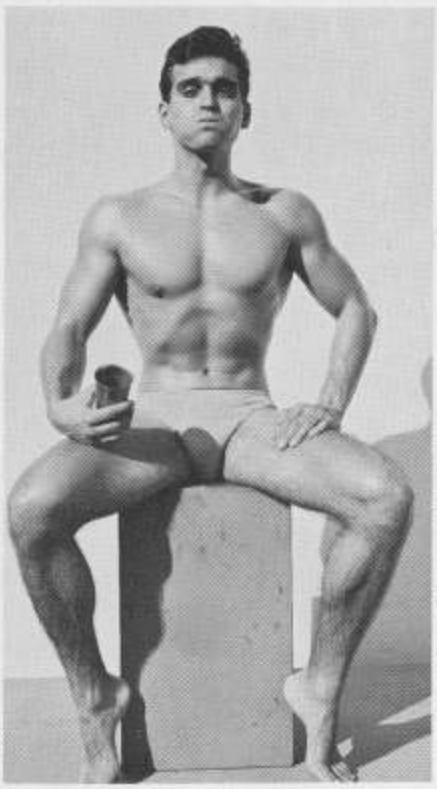
To improve the firmness of the gums between the teeth, use the rubber tip of the tooth brush. Press the tip on the gums firmly (with a downward motion), between the teeth both inside and out, until all sections of the gums have been treated.

Use dental floss only with the approval of your dentist to help remove any food particles that may still be left after brushing. Round wooden toothpicks may also be used before or after brushing, if necessary.

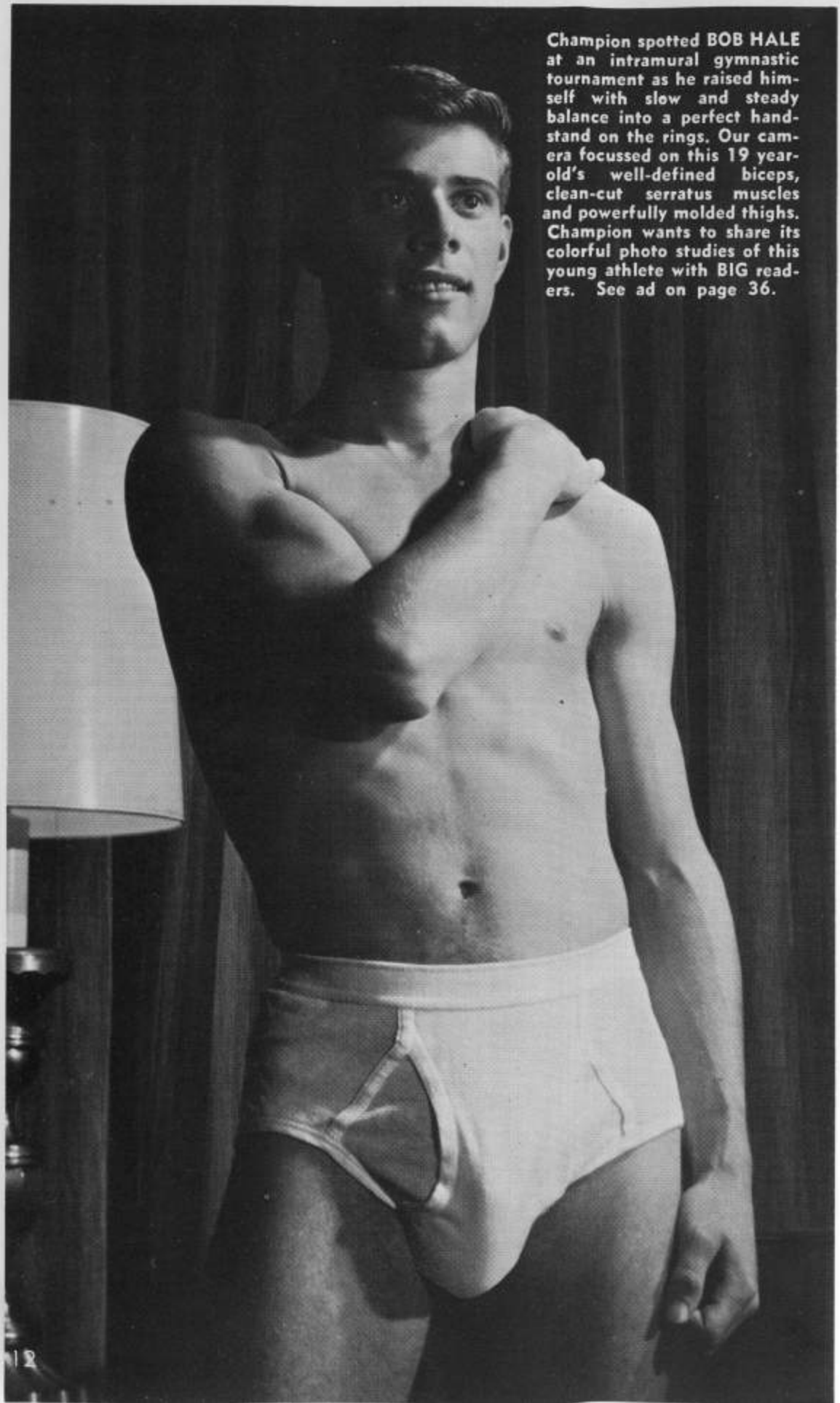
Wash your hands thoroughly and then massage all sections of your gums with your forefinger and thumb until the gums have been well stimulated. This massage will promote firmer and healthier gums.



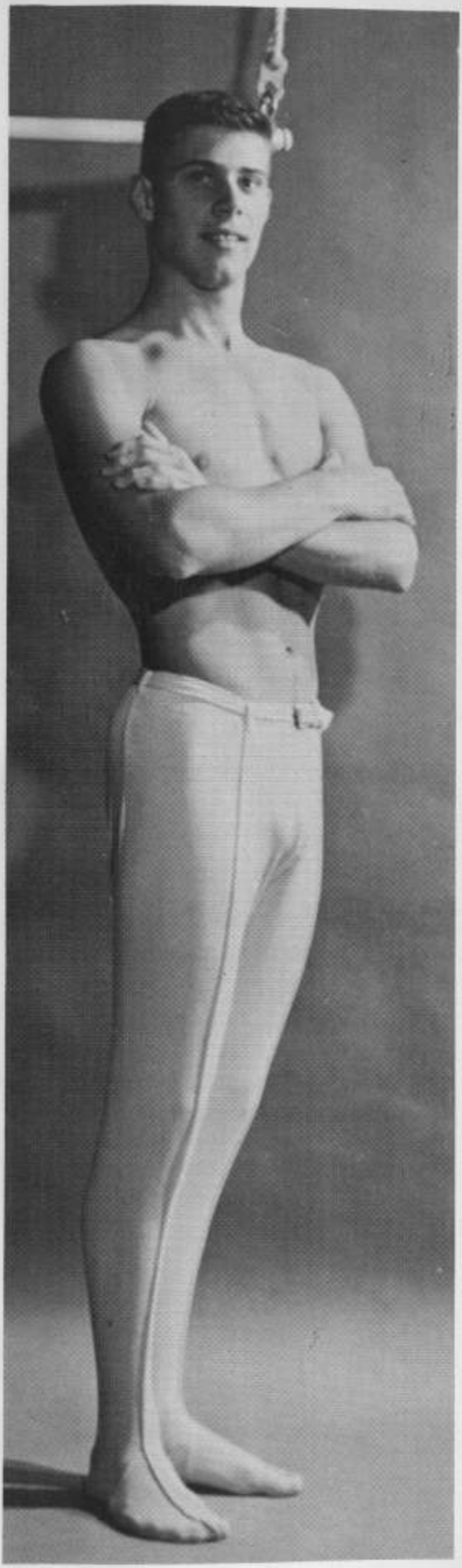
Using a small, folded, clean napkin, bite on it firmly and shift the napkin in the mouth as you bite on it until all the teeth have been exercised.

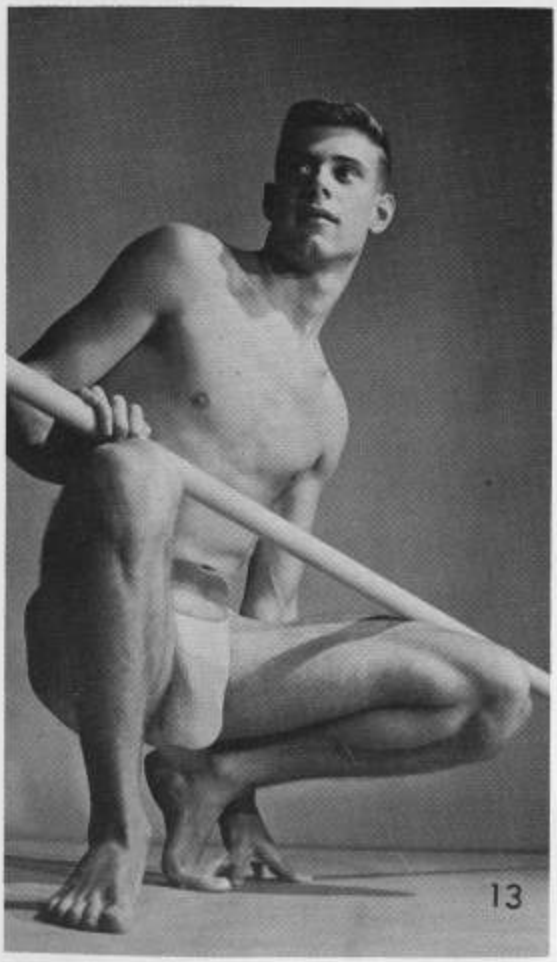


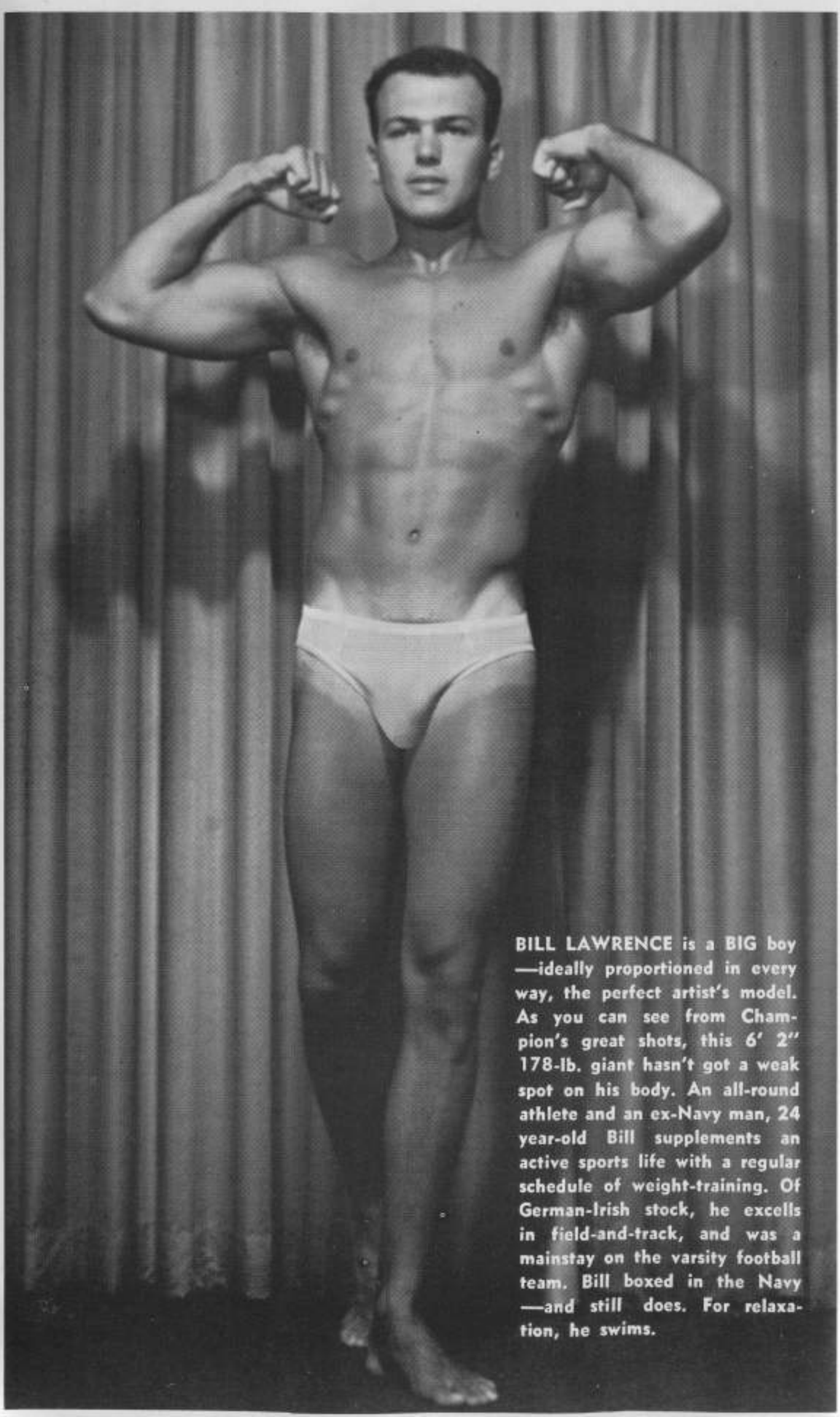
It is always a good idea to rinse the mouth after brushing the teeth to help wash away some of the remaining food particles that have been dislodged by brushing. Plain or salted water will suffice for this.



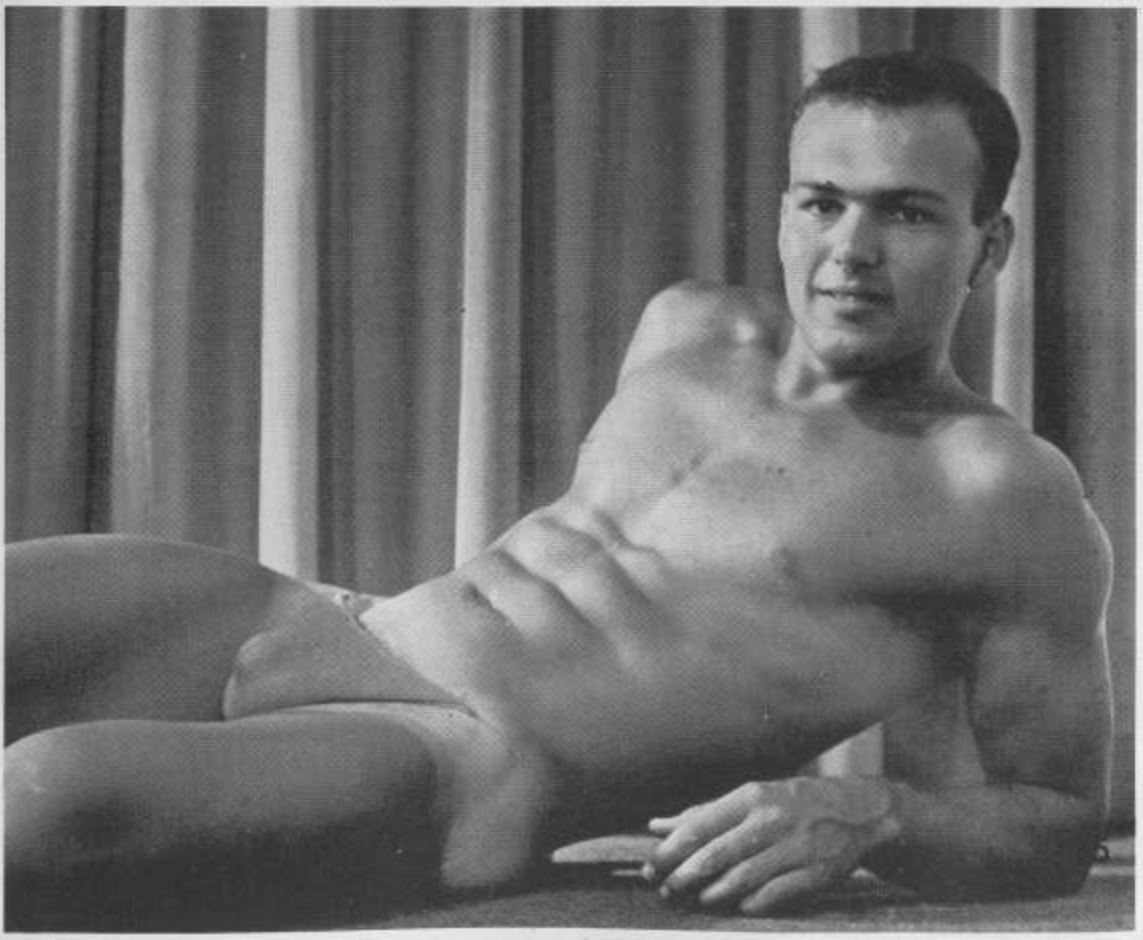
Champion spotted **BOB HALE** at an intramural gymnastic tournament as he raised himself with slow and steady balance into a perfect handstand on the rings. Our camera focussed on this 19 year-old's well-defined biceps, clean-cut serratus muscles and powerfully molded thighs. Champion wants to share its colorful photo studies of this young athlete with BIG readers. See ad on page 36.

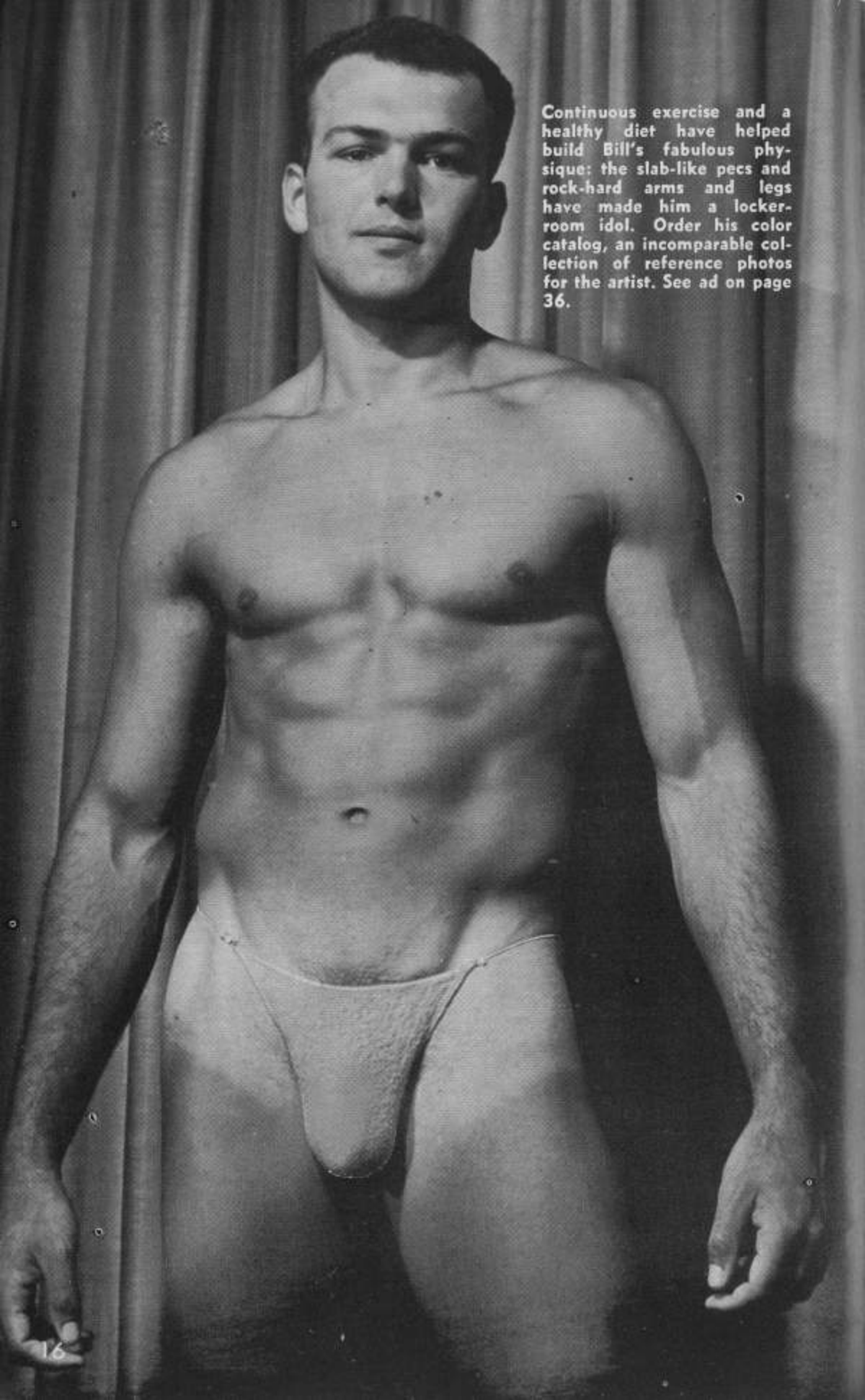




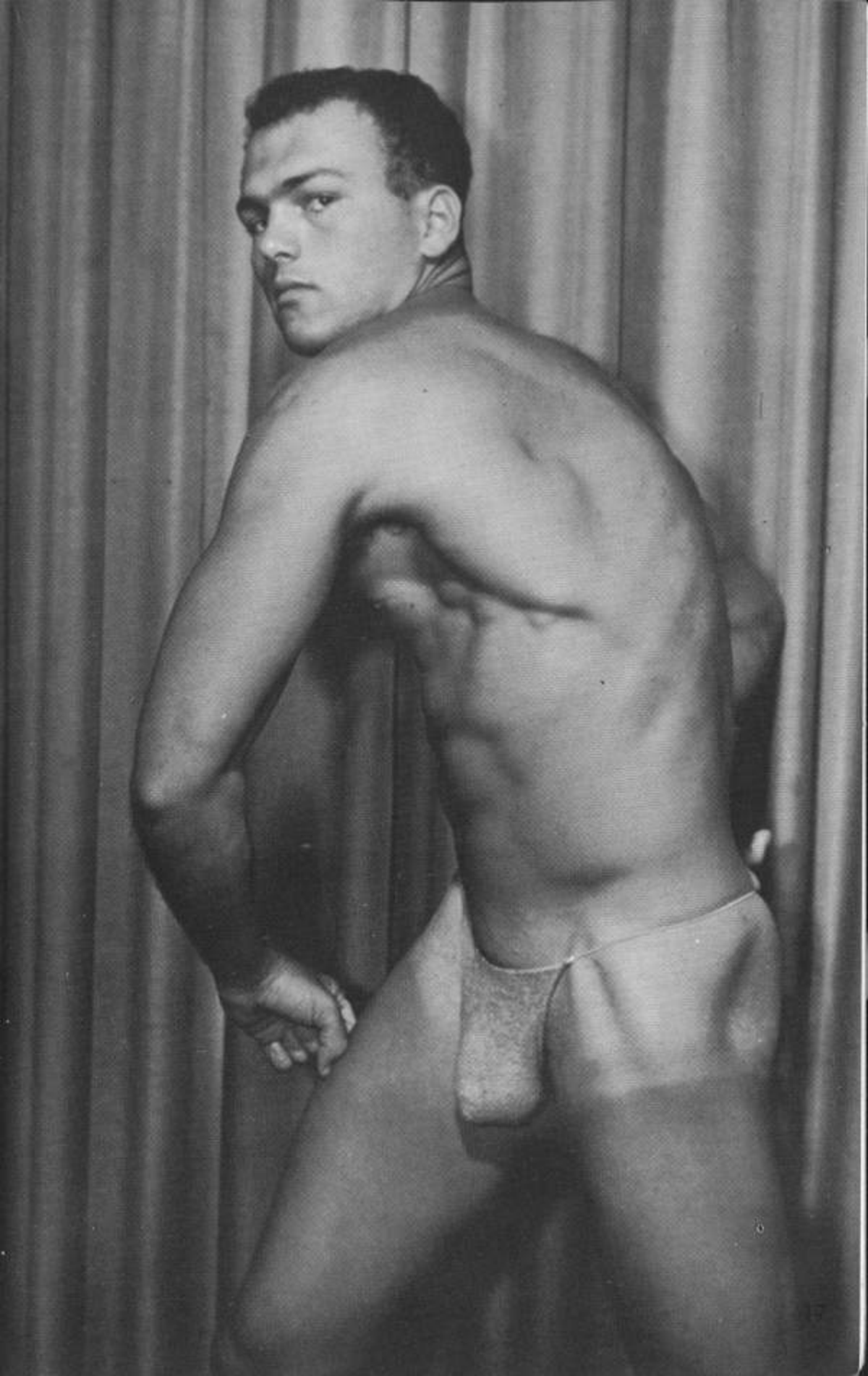


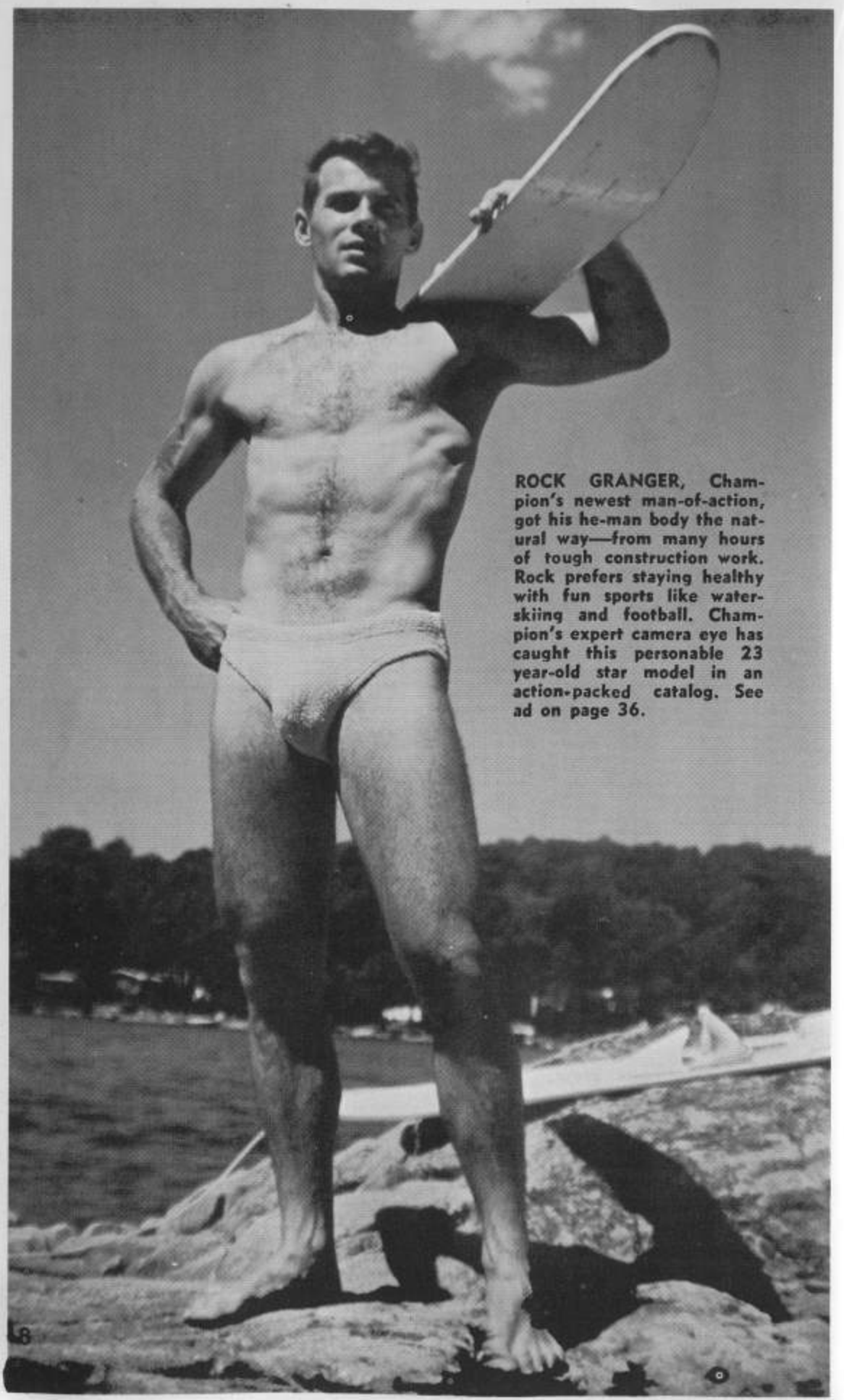
BILL LAWRENCE is a BIG boy —ideally proportioned in every way, the perfect artist's model. As you can see from Champion's great shots, this 6' 2" 178-lb. giant hasn't got a weak spot on his body. An all-round athlete and an ex-Navy man, 24 year-old Bill supplements an active sports life with a regular schedule of weight-training. Of German-Irish stock, he excells in field-and-track, and was a mainstay on the varsity football team. Bill boxed in the Navy —and still does. For relaxation, he swims.



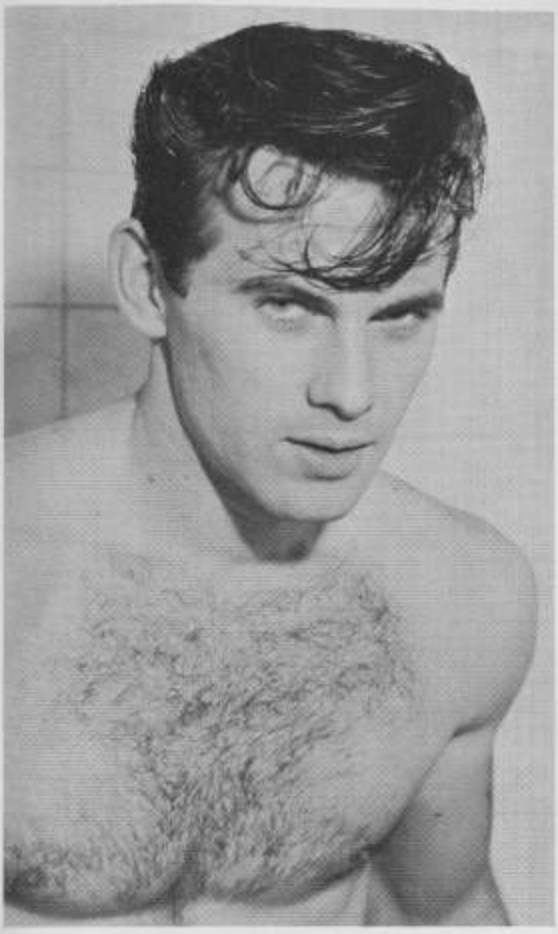


Continuous exercise and a healthy diet have helped build Bill's fabulous physique: the slab-like pecs and rock-hard arms and legs have made him a locker-room idol. Order his color catalog, an incomparable collection of reference photos for the artist. See ad on page 36.





ROCK GRANGER, Champion's newest man-of-action, got his he-man body the natural way—from many hours of tough construction work. Rock prefers staying healthy with fun sports like waterskiing and football. Champion's expert camera eye has caught this personable 23 year-old star model in an action-packed catalog. See ad on page 36.



BREAKFAST
OF
CHAMPIONS
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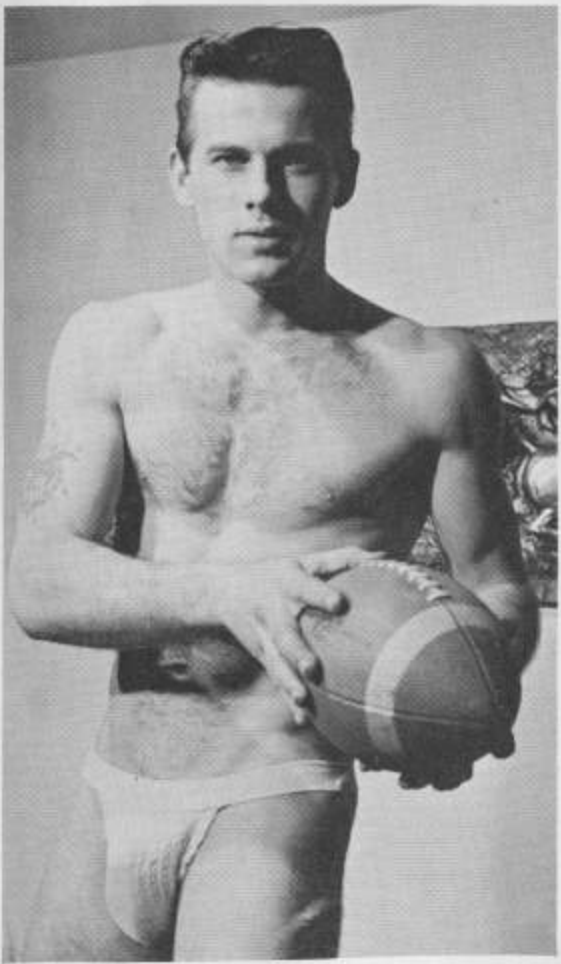
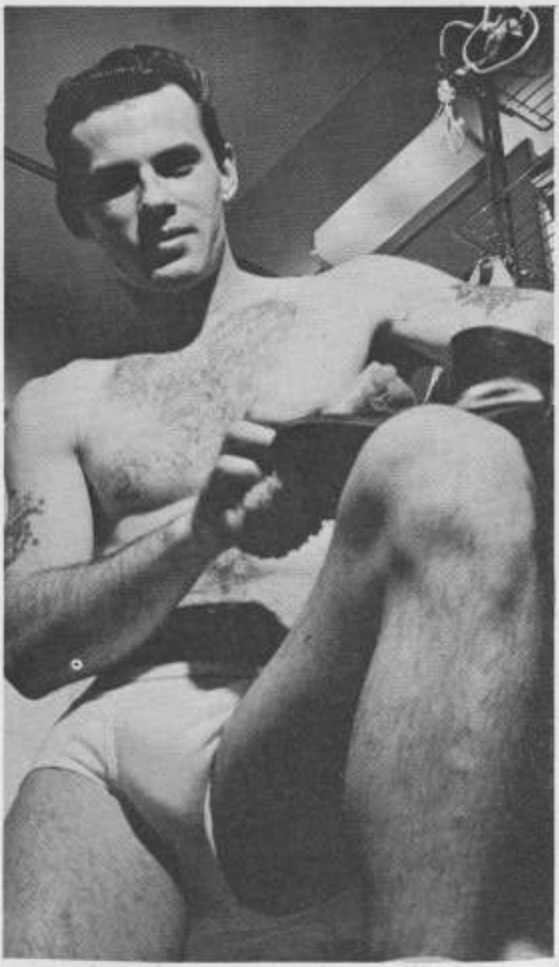
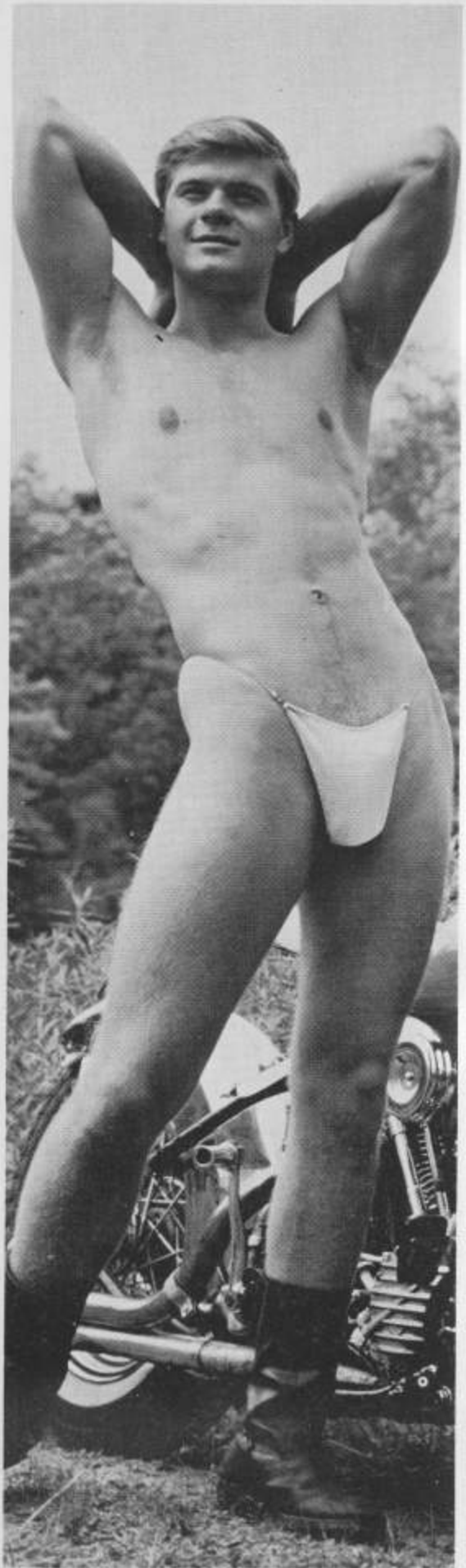
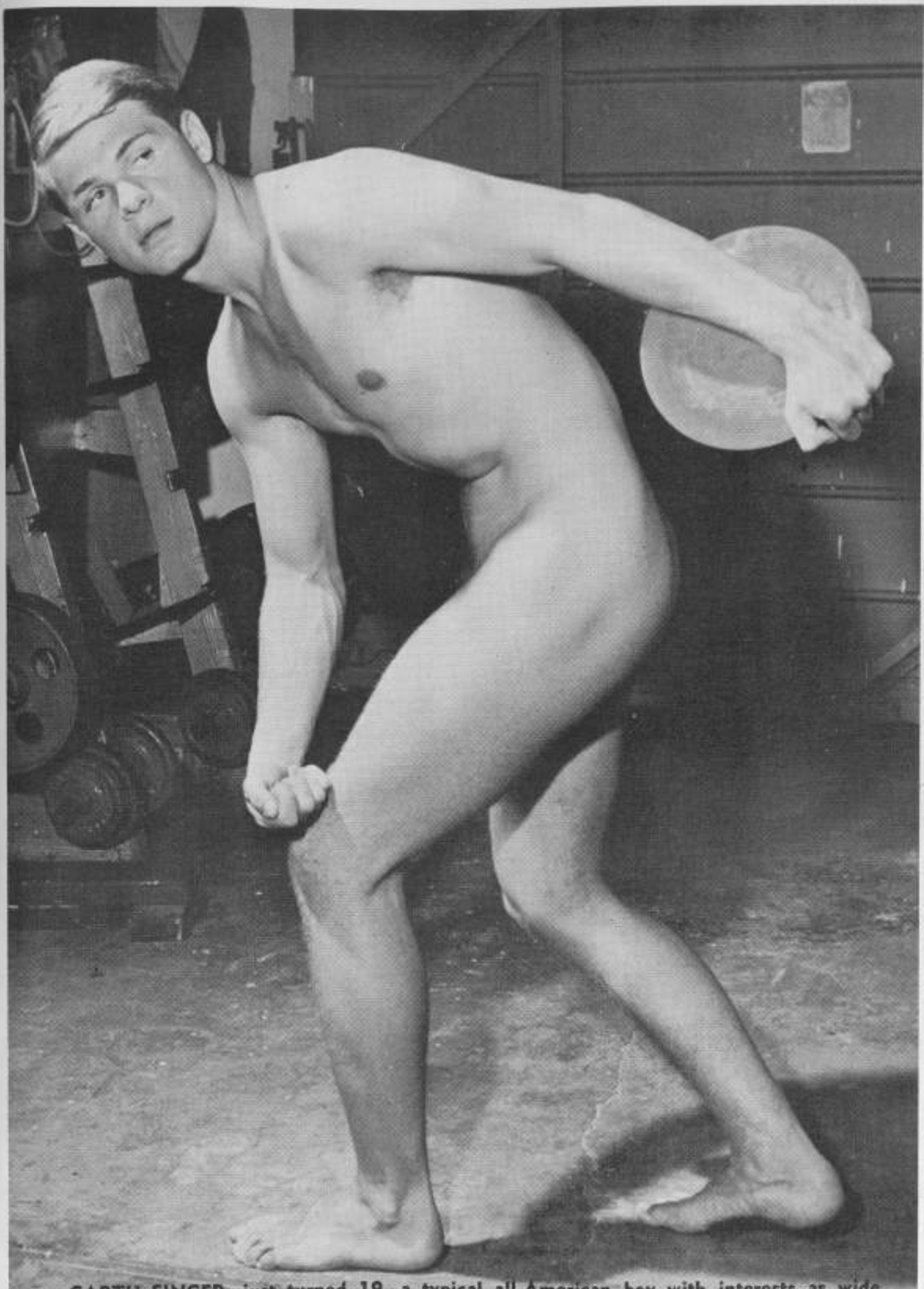


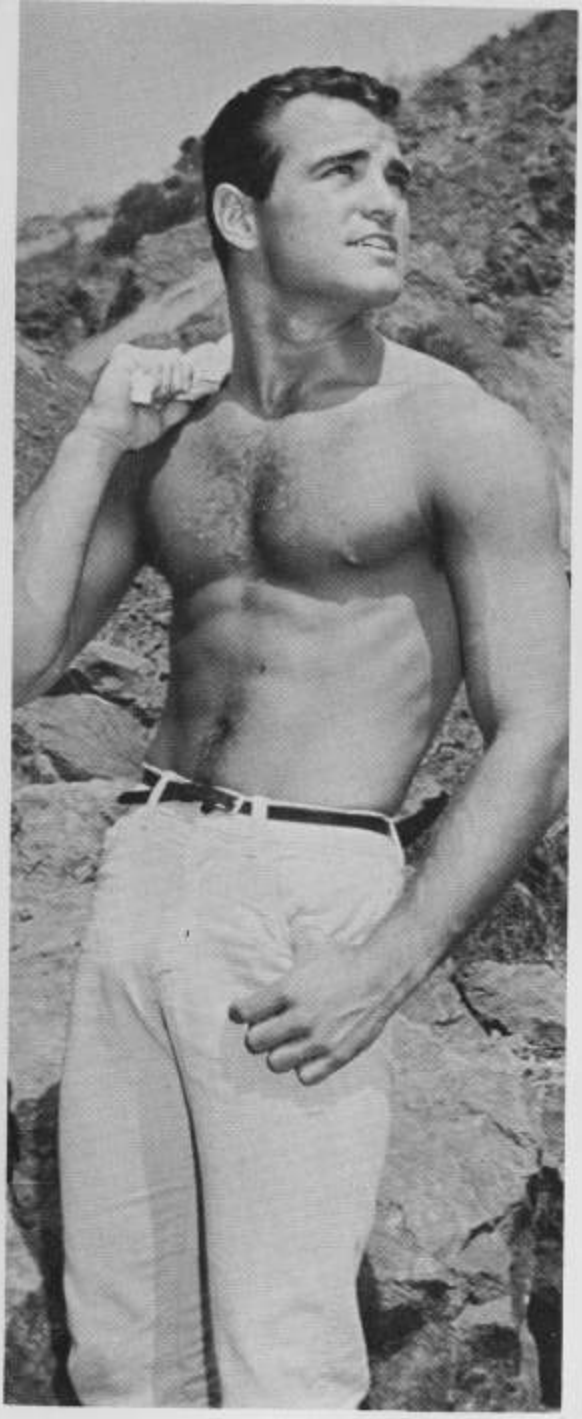


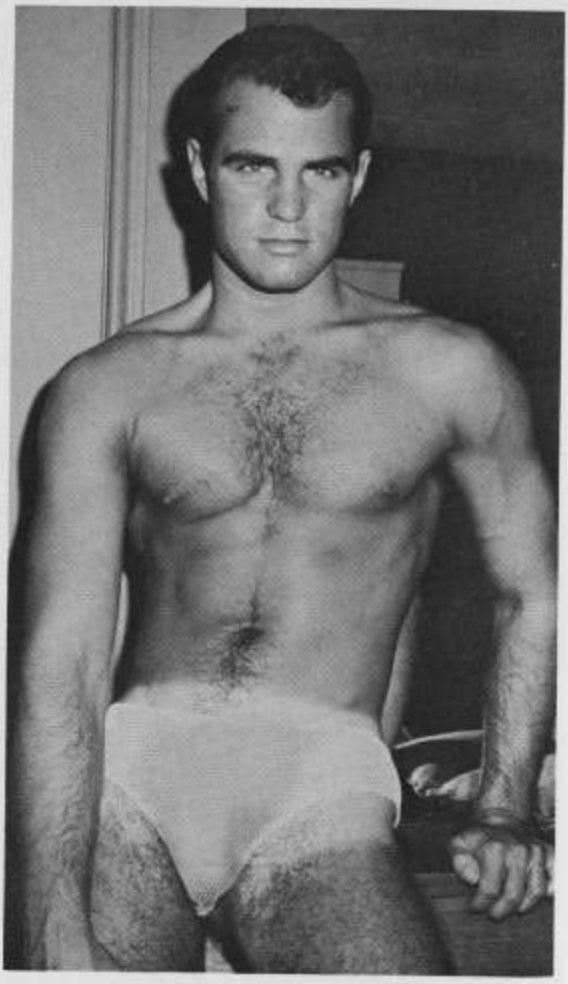
THE
BIG
VIEW
ROCK
GRANGER
by
Champion

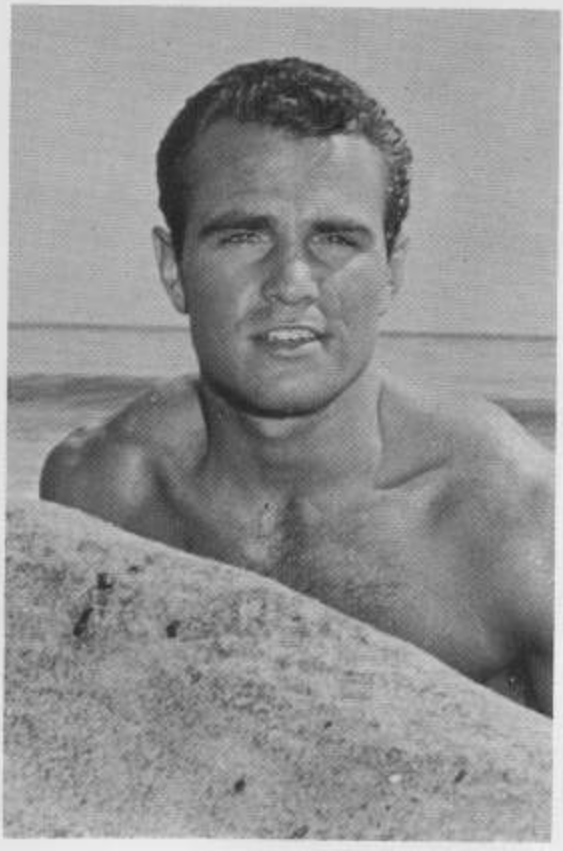




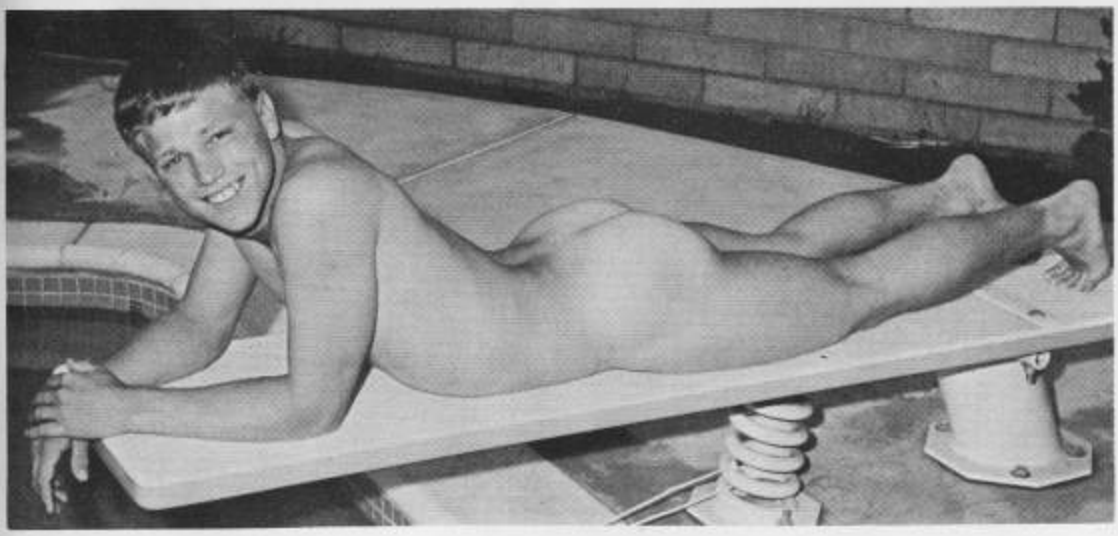
GARTH SINGER, just turned 19, a typical all-American boy with interests as wide and varied as his Champion catalog. Here Garth readies himself to hurl the discus, in a pose reminiscent of the famous Greek statue. On the opposite page, Garth strikes easy stances against a background of machine-made power. For more, catch his ad on page 36.







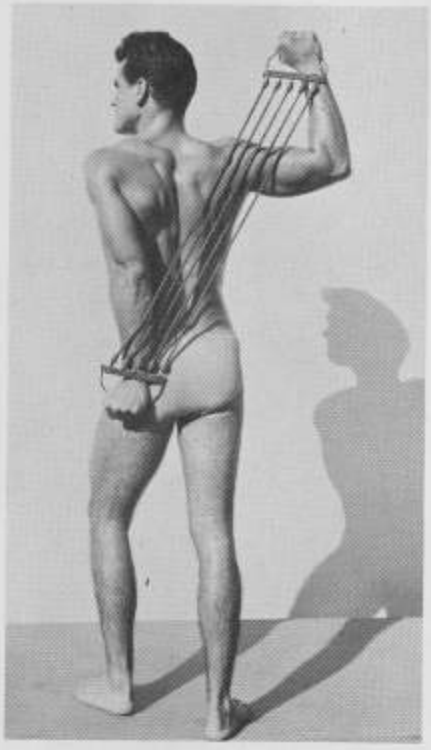
24 year-old GLEN KINKEAD considers himself a crack surfer. He's the idol of the younger body-builders who crowd the Southern California beaches. Champion has shot his fabulous body from every angle, both in and out-of-doors: against the inspiring and colorful background of mountain, sea and sky, and in the more intimate setting of his own beach-side pad. Fill in the coupon on page 36 and send it off today for your copy of Glen's "must" physique photo catalog.



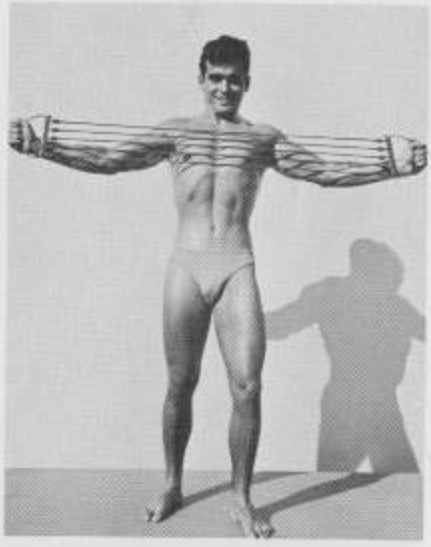
Champion wants to share its reference catalog of color shots of KIRT LOADER, California's promising 18 year-old swimmer-diver, with students of art and physical culture. Kirt attributes his healthy glow and clean-cut looks to living life in the open air.

A popular figure in his swinging crowd of go-go boys, Kirt digs all kinds of sports. He's a top-notch surfer, and excells in football too. We suggest you take advantage of our offer NOW. Order Champion's prize selection of color shots.

KEEPING FIT WHILE

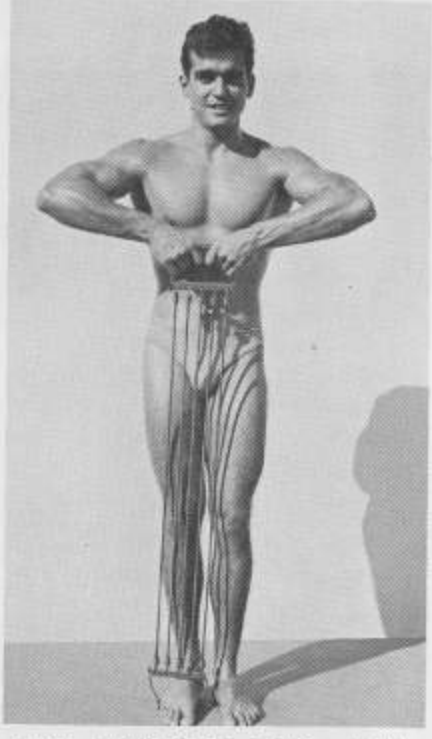


THE ONE ARM PRESS is beneficial for the arms and shoulders. From the starting position illustrated, left hand held on side of left thigh throughout, slowly straighten right arm until it is perfectly straight, stretching the expander at the same time. In this and all motion exercises, inhale as you exert and stretch and exhale as you slowly return to starting position. Do this exercise 8 repetitions and alternate and repeat with left arm. Gradually increase to 15 reps and 3 sets for each arm.
THE ONE ARM CURL strengthens the wrist, forearm and biceps. Keep the body straight and elbow near body, place right foot securely in one handle and with right hand grasp the other handle Then slowly straighten arm back. Do 6 reps for each arm. Gradually increase to 12 reps and 3 sets for each arm.



THE CHEST PULL develops the upper back muscles which help keep the shoulder blades flat against the body. The posture and the arms are also improved. Hold chest expander out in front at shoulder level and stretch it until the arms can go no further. Try to keep expander below level of chin and try to keep arms straight throughout this exercise. Start with 5 reps and increase to 12 and 3 sets.

THE BACK RAISE promotes a more powerful back. Assume position shown. taking care to not permit cables from slipping. Inhale and straighten your body until you have reached an erect position. Exhale as you slowly return to starting position. Start with 10 reps and increase to 20 reps and 4 sets.
THE PRESS OUT BEHIND NECK is especially good for strengthening and increasing the size of the triceps and shoulders. Assume illustrated position and slowly stretch cables until arms are straight at sides. Return slowly to starting position. Begin with 8 reps and increase to 15 and 3 sets.



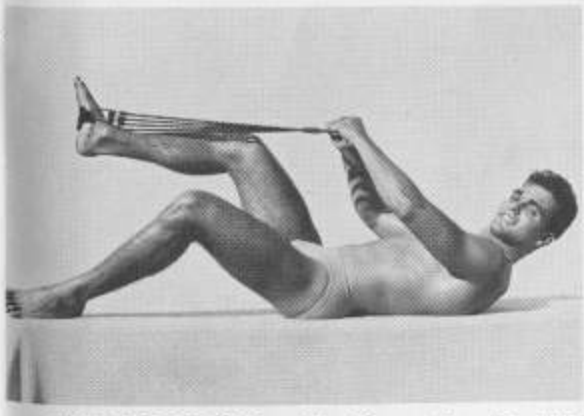
THE STANDING TWO ARM ROW works the arms, shoulders and chest muscles. Place foot securely in handle of expander, grasp opposite handle with both hands with knuckles away from you. Now slowly pull up to position shown or higher if you can. But to be most effective, the elbows must always remain higher than the hands. Return to starting position by slowly lowering and straightening the arms. Start with 8 reps and increase to 15 and 3 sets.

TRAVELING by: RICHARD FALCON

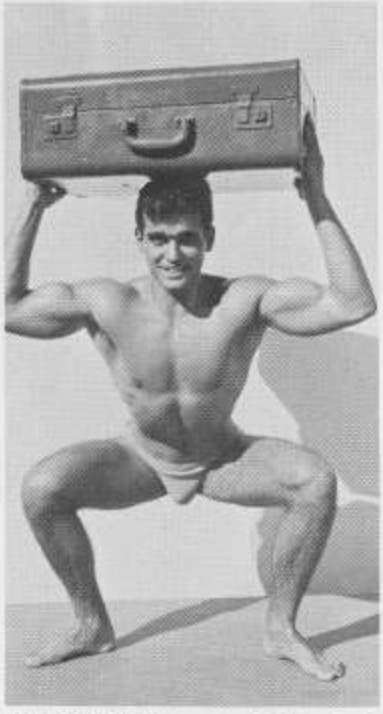
THE OVERHEAD PULL DOWN affects the arms, shoulders, upper back and the lats. Assume the position that our model Joe Alonzo is illustrating. You may do this standing or sitting. Then slowly stretch the cables until the arms are straight. Don't forget to inhale and exhale! Do 10 reps and increase to 18 and 3 sets.

THE SINGLE CALF RAISE promotes strength and shape to the calf and strengthens the arches and ankles as well. Hold to some object for balance. Then using a book or block of wood for your foot, raise the heel as high as you can, keeping the leg straight as shown. Only the ball of your foot should be on the book. Now lower your heel as low as possible. Start with 10 reps and increase to 40 for each leg. 4 sets for this because the calves require lots of work.

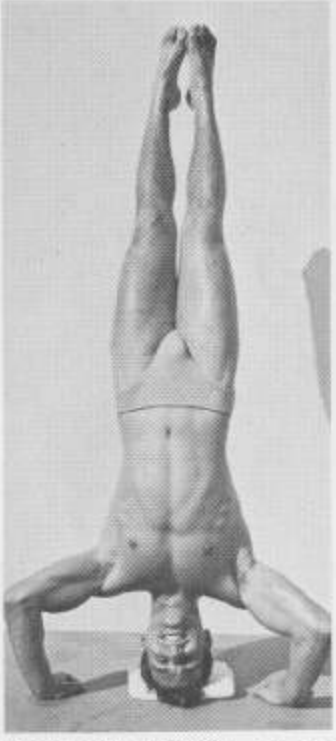
THE LEG UPS will keep the abdomen flat and firm if you do them regularly. Sit on a chair with feet on the floor in front of you. Get a firm hold on the chair with your hands and pull up your knees to the position shown. Hold for a count of 5 and then lower feet but do not let them touch the floor. Start with 5 reps and increase to 25 and 3 sets.



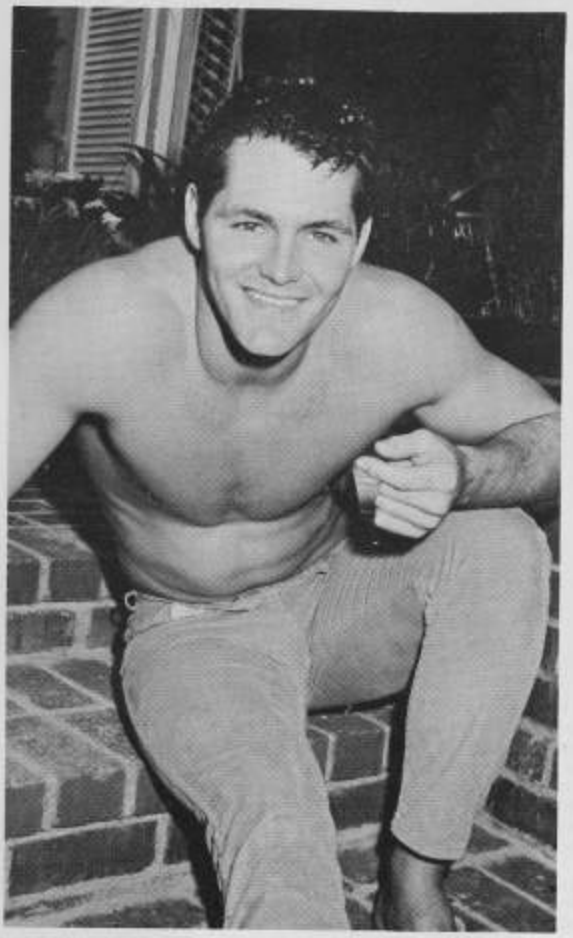
THE LEG KICK benefits the entire leg. Lie on your back and place one foot securely in the handle of expander and grasp other handle as shown. From this position, slowly straighten and bend the leg, keeping hands in one position near face. Start with 10 reps and increase to 30 reps and 4 sets for each leg.

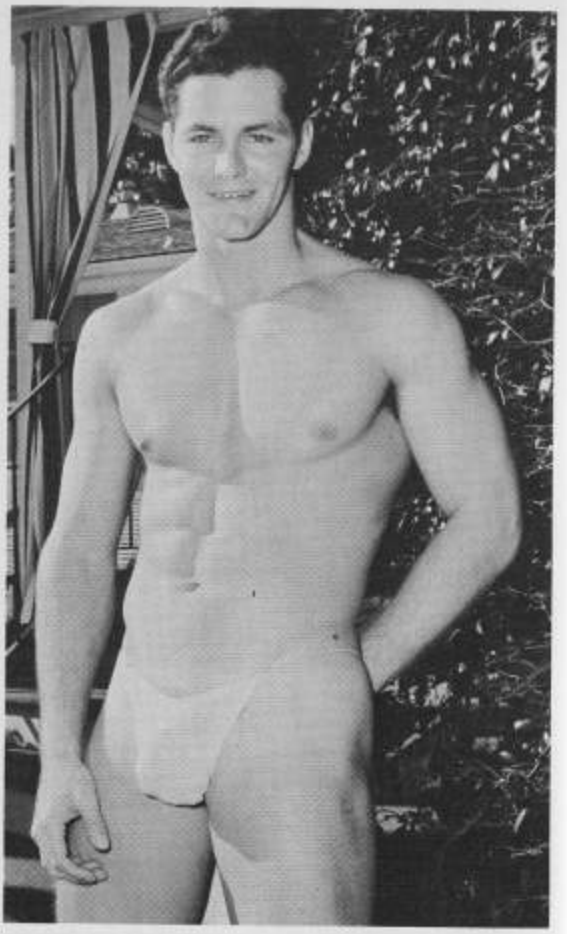


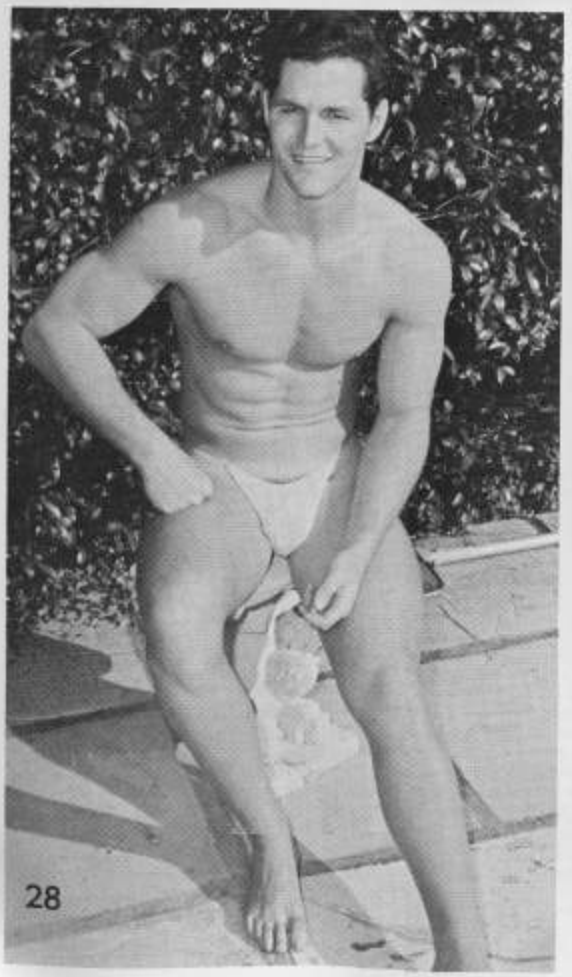
THE SQUAT is one of the best of all exercises and benefits almost the entire body. It is good for the legs, back, chest, lungs, heart, etc. Using a packed suitcase for resistance also benefits the neck and scalp. Place your loaded suitcase, or some other weight, on your head and squat down as pictured. Then slowly raise to an erect position. Inhale going up and exhale going down. Start with 8 reps and increase to 15 and 3 sets.

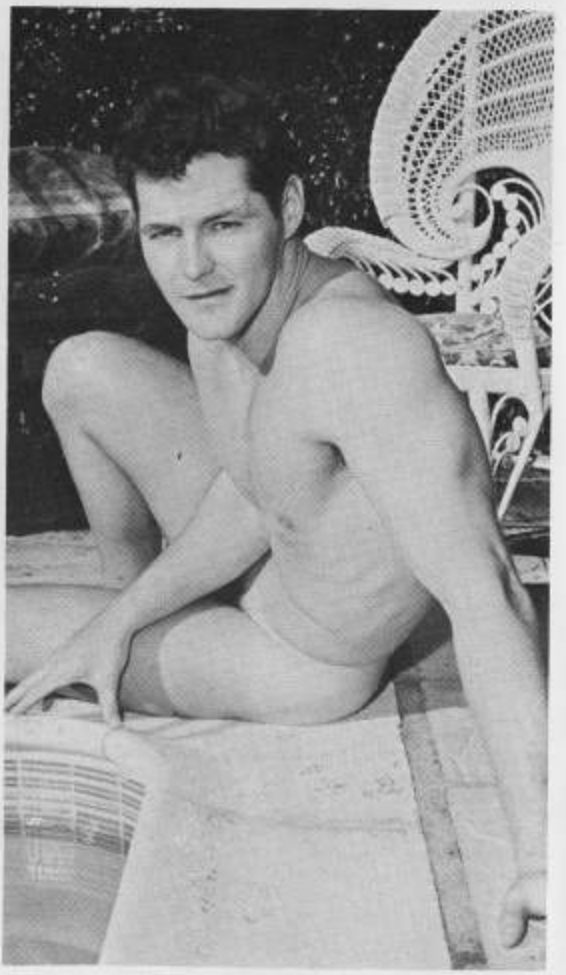


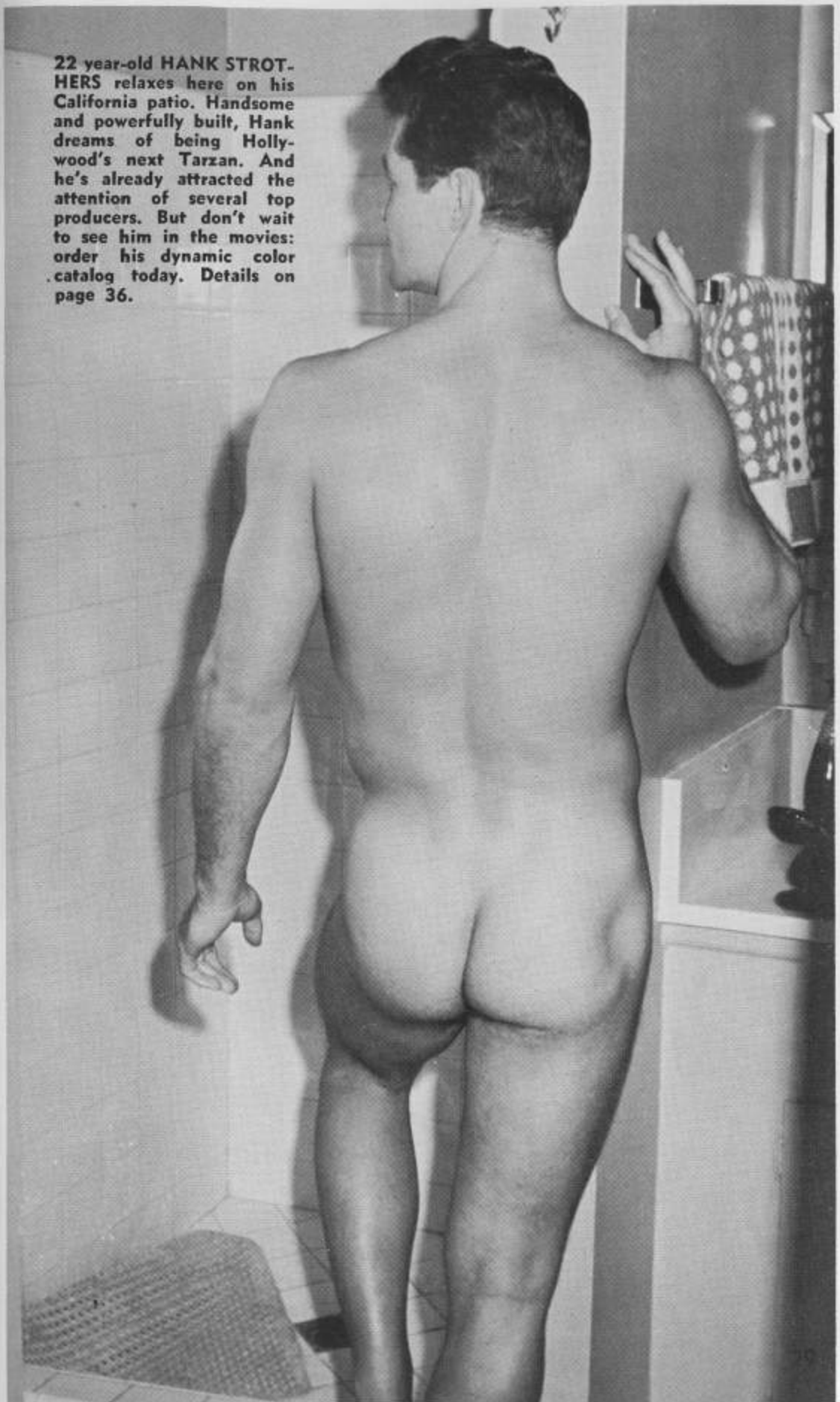
THE HEAD STAND can be done with the feet against the wall. This benefits the neck and the circulation and helps relieve pressure from the legs. Assume position shown, with a padding for the head. Now hold this position for a slow count of 5. Lower yourself back down. Pause and do it again. Increase to 15 counts and 6 headstands.



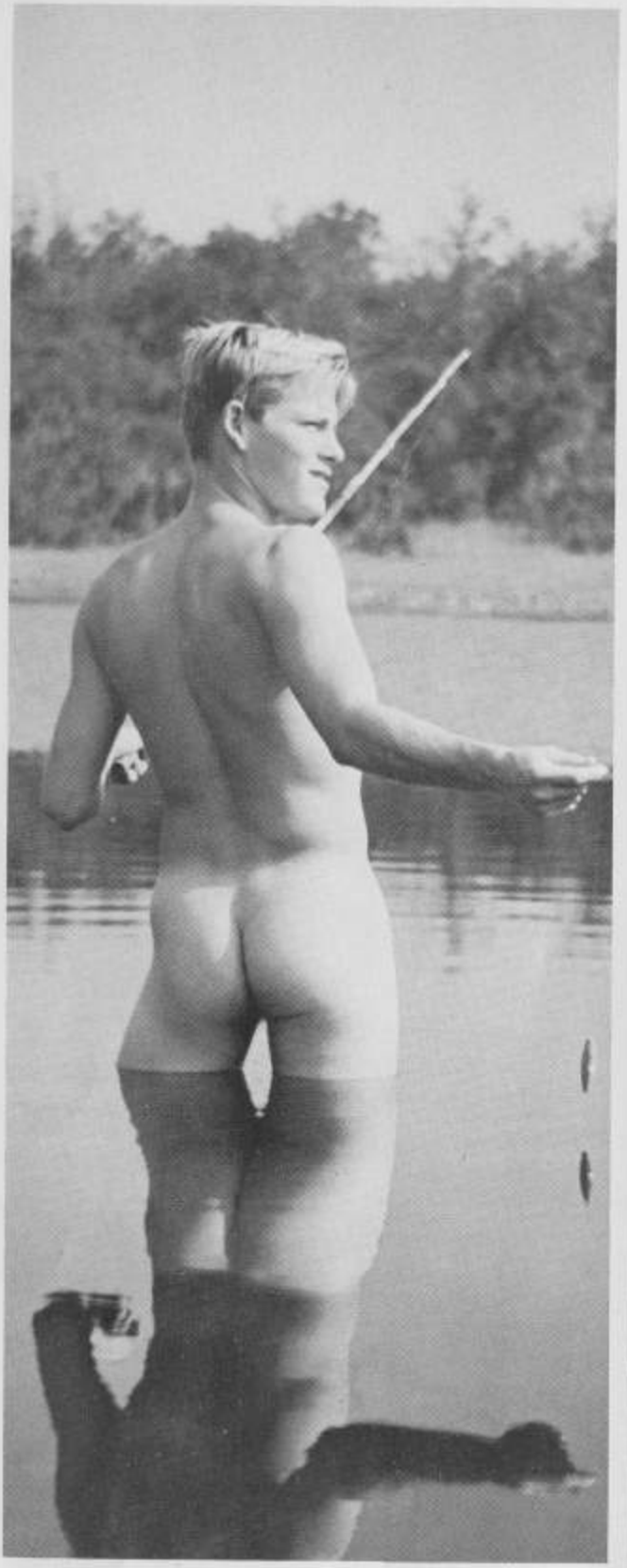




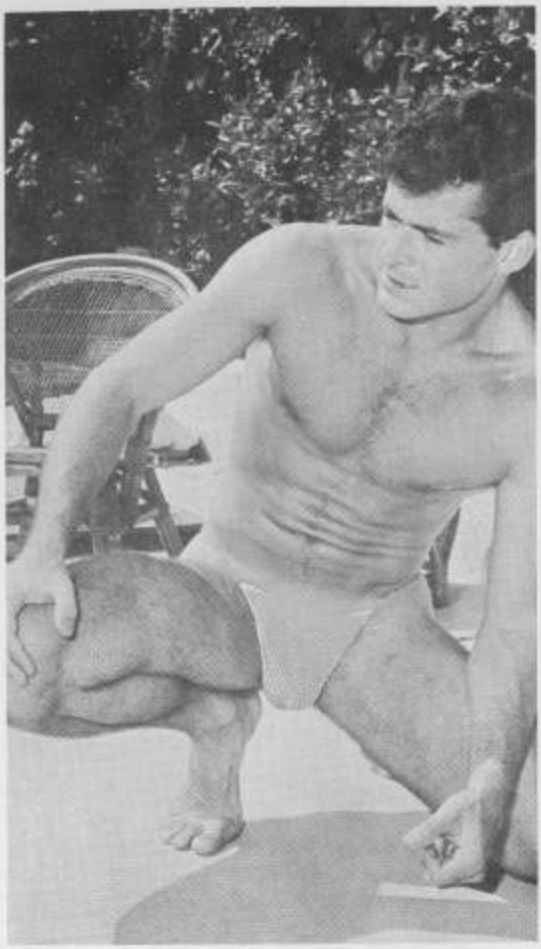


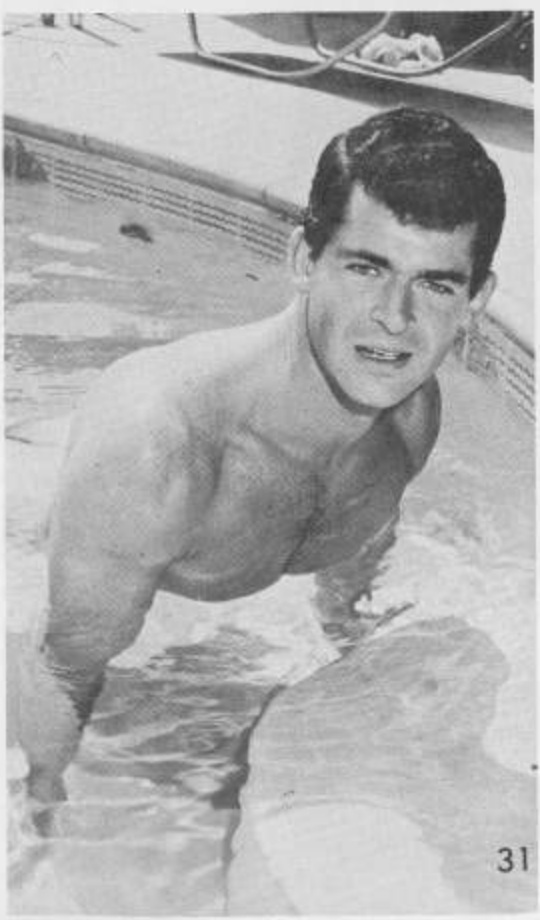


22 year-old HANK STROTHERS relaxes here on his California patio. Handsome and powerfully built, Hank dreams of being Hollywood's next Tarzan. And he's already attracted the attention of several top producers. But don't wait to see him in the movies: order his dynamic color catalog today. Details on page 36.



Champion is making this last-chance offer to those BIG readers who haven't yet ordered 18 year-old DANA SOMER's radiant 8 mm color movie, "Twister, Rebel Style". For 200 feet of swinging go-go action, send $30. to Champion, P.O. Box 39, New York, New York 10011.





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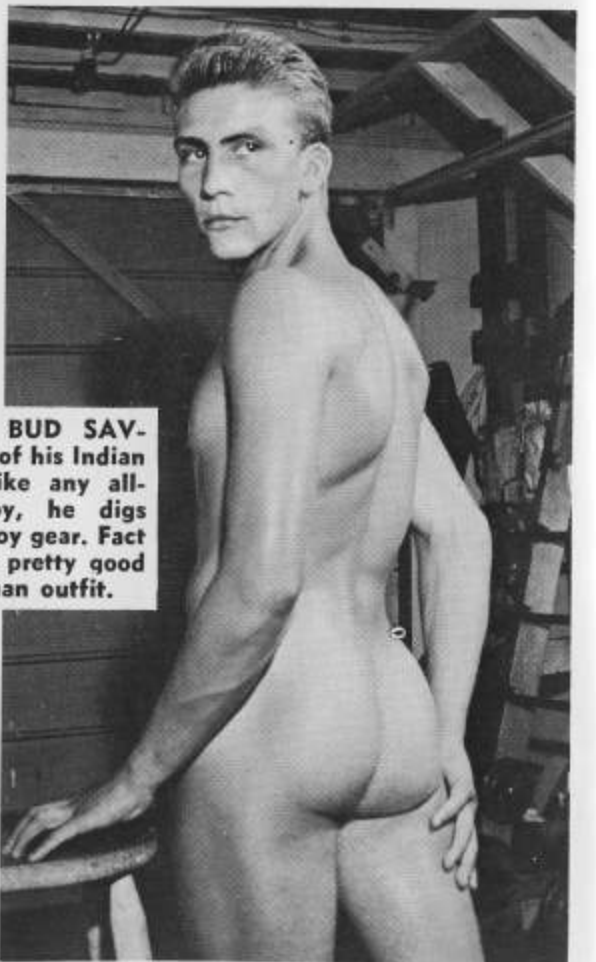

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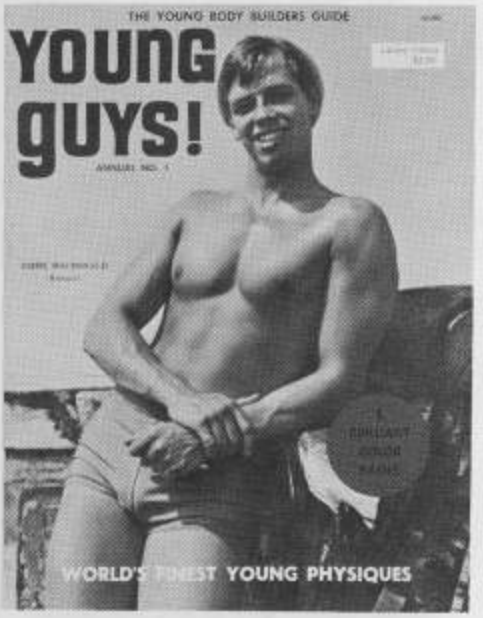

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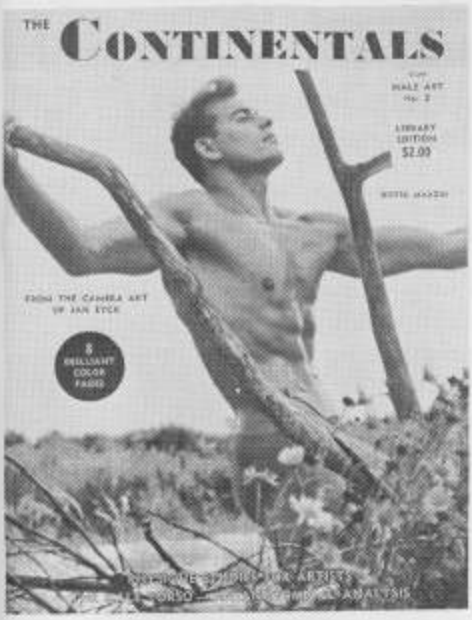

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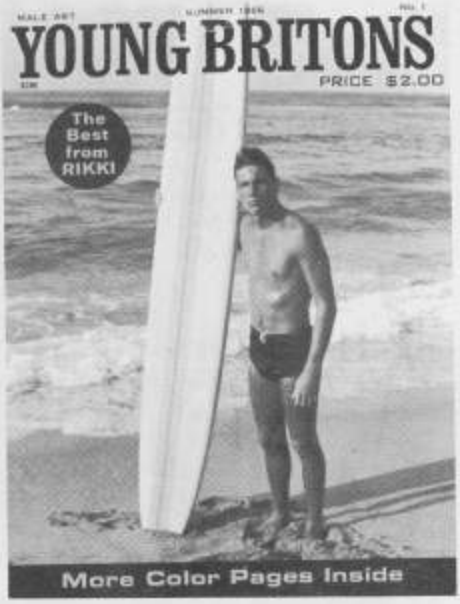

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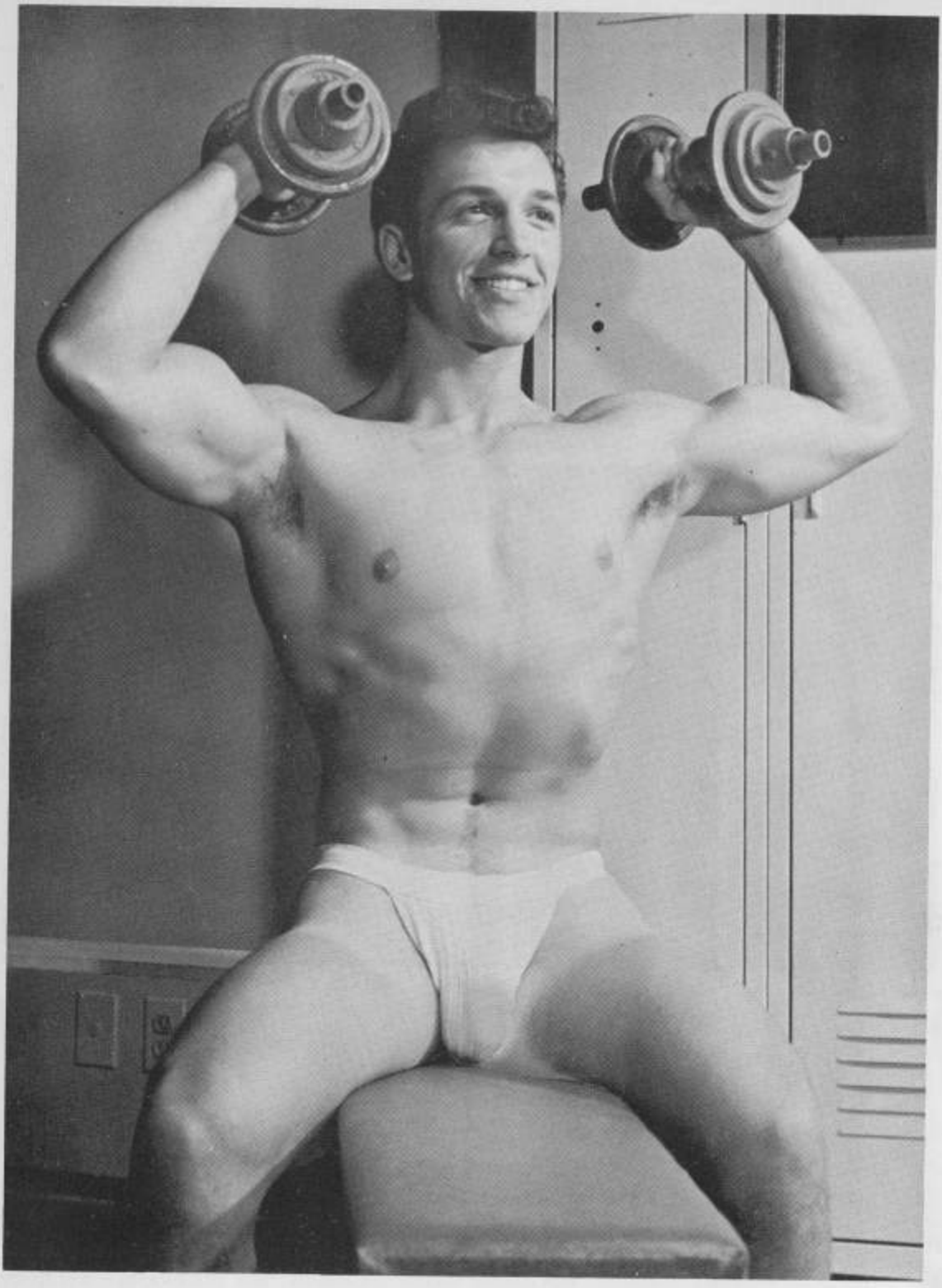
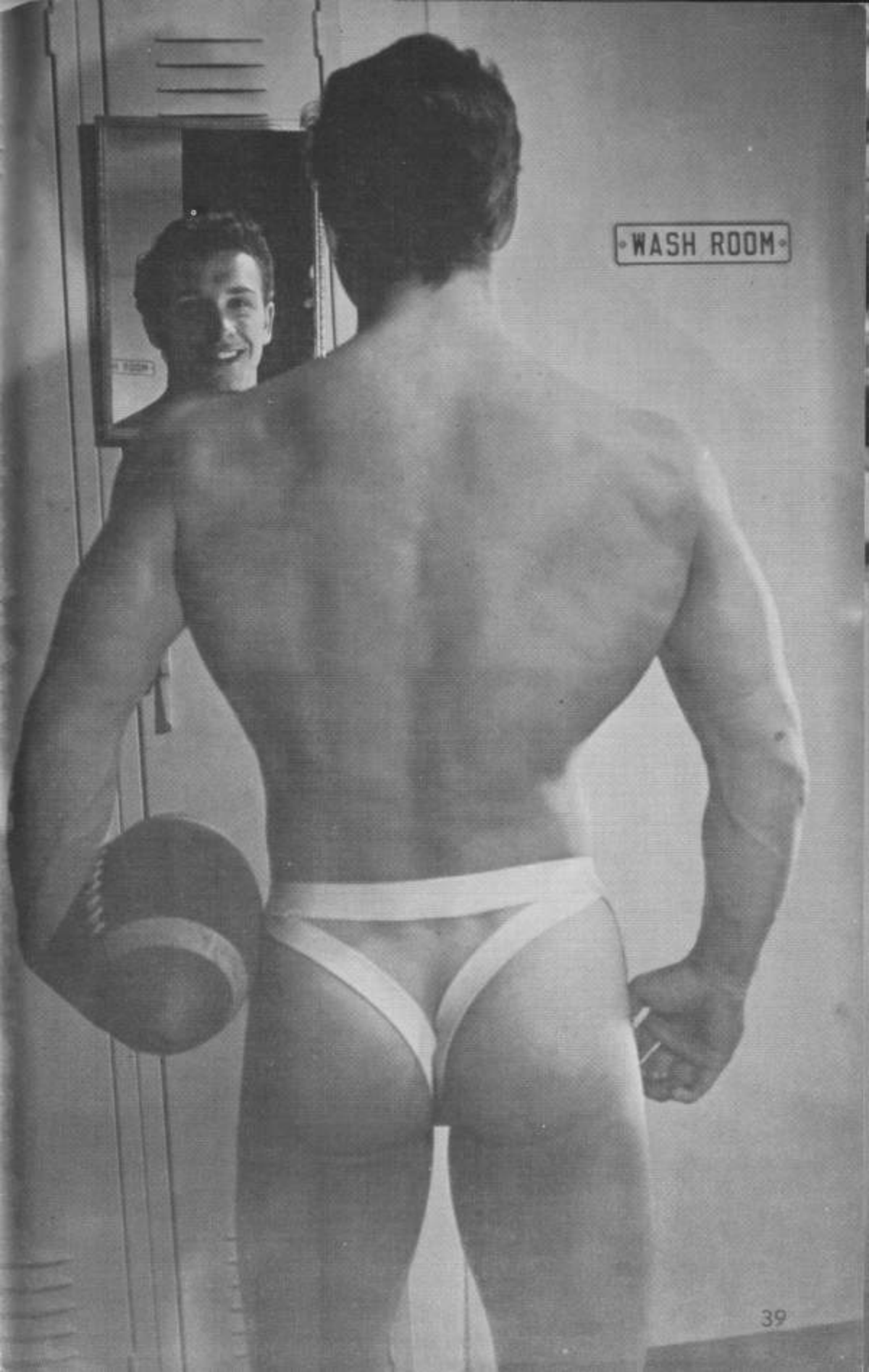


A 19 year-old champion Long Island wrestler, VINCE MARINO warms up for his matches with a brisk work-out. This superbly built athlete is looking forward to a stint in the U. S. Navy, and Champion is confident that Vince will measure up to their rigorous demands. Watch for more of Vince in future issues of BIG.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